

Summer Groups 2017

Understanding Me

Evening Group: Tuesdays, 6:30 - 8:30 p.m.

July 4 - August 29, 2017

Day Group: Fridays, 10:00 a.m. - 12:00 p.m.

July 7 - September 1, 2017

Provides education & support for women who have experienced emotional or physical abuse within their intimate relationships. No fee. Open group: clients can join at any time.

Moving Towards Healthy Relationships

Thursdays, 6:30 - 8:30 p.m.

July 13 - September 14, 2017

This group is for women who have experienced emotional or physical abuse focuses on safety, building of self-esteem, ending the cycle of violence and learning how to be healthy in relationships. No fee. Closed group; assessment required and completion of "Understanding Me" is a prerequisite.

Building Better Boundaries

Tuesdays, 1:00 - 3:00 p.m.

July 4 - August 8, 2017

Provides education and support for women who have experienced any form of abuse and are working towards setting better boundaries in their lives. Open group: clients can join at any time.

Weaving our Voices

Thursdays 11:00 a.m. - 1:00 p.m.

July 6 - September 7, 2017

Helps women deal with the issue of childhood sexual abuse, and assists participants in reducing feelings of isolation, developing advanced coping skills and increasing self-esteem. No fee; assessment required.

Managing Stress for Managing Moods

Thursdays, 6:30-8:30 p.m.

July 13 - August 17, 2017

Helps participants learn methods to cope more effectively with chronic stress and feelings of depression, anxiety and negative moods, to identify & change chronically negative thoughts & beliefs and thus to improve self-esteem, self-care & quality of life.

Taming Our Anger (Men's Anger Management Group)

To be determined

September, 2017

A learning opportunity for men who have difficulty expressing and/or managing angry and aggressive feelings.

Dynamic Girls

To be determined

October, 2017

For girls aged 15-18. This group focuses on improving social interactions, increasing self esteem and improving mood. Each week will cover different topics and teach girls skills that will help them cope with difficult times, overcome obstacles and develop healthy relationships with themselves and others.