

Understanding Me

Day Group | Fridays, 10:00am - 12:00pm. September 29 to December 1
Evening Group | Tuesdays, 6:30pm - 8:30pm. September 26 to November 28

Provides education and 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, 1:00pm - 3:00pm. October 5 to December 7

A group for women who have experienced emotional or physical abuse, focusing 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.

Managing Stress for Managing Moods

TBD, please call for more information.

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

Taming Your Worry Dragon

Mondays, 4:30pm - 6:00pm. September 18 to November 13

Teaching children (ages 7 to 10) to identify signs and triggers of anxiety. Through education and activities, children will develop effective strategies and feel empowered to take control over their worries so that they can cope through difficult situations. Designed to offer children the tools, resources, and support to understand their anxiety and to feel empowered.

Taming Our Anger (Men)

Wednesdays, 6:00pm - 8:00pm, September 13 to November 1

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

Dynamic Girls (15-18)

Thursdays, 4:30pm - 6:00pm. September 28 to November 30

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. *Sessions for girls aged 12-15 coming soon, call for information.*

Healing Through Yoga and Mindfulness

Wednesdays, 5:30pm - 7:00pm. September 27 to December 6

Through simple postures, breathing, and mindfulness-based practices, cultivate greater overall awareness of the mind and body connection and of practices to support emotional healing. No previous yoga experience required.

Building Better Boundaries

Mondays, 1:00pm - 3:00pm. October 16 to December 4

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 may join at any time.