



## Relationship Changes

Tuesday, October 24 | 7:00-9:00pm

When a significant relationship ends, feelings of sadness, anger and bewilderment are normal. This workshop will address grieving when significant relationships end, redefining yourself, healing and moving on.

## After Graduation

Tuesday, November 7 | 6:30-8:30pm

Designed for 17/18 year olds who are approaching graduation, this workshop aims to help prepare these individuals for their upcoming transition out of high school and how to handle the challenges of this life transition.

## Guiding Your Graduate

Tuesday, November 7 | 6:30-8:30pm

Graduating from secondary school can be a challenging time for teens and their families. This workshop provides parents with useful information and strategies to effectively support their children through the post-secondary transition and beyond.

## Actively Aging

Thursday, November 9 | 2:00-4:00pm

What does it mean to actively age - physically, emotionally, and cognitively?

## Money Matters

Monday, November 20 | 6:30-8:30pm

As you move through all of life's stages, your financial needs and responsibilities evolve. This workshop will help individuals to learn about the importance of budgeting and financial literacy through life's many transitions.

## Coping with Grief and Loss

Thursday, November 23 | 6:30-8:30pm

Major personal losses are certainly causes for deep sadness, but they also create major life-transitions requiring hard 'work': emotionally, mentally, spiritually and physically. This workshop discusses the challenges of these difficult transitions.

## Update your Brain to Upgrade your Life

Thursday, November 30 | 6:00-8:00pm

In this workshop, begin understanding how your brain works, how you can update your habits and emotions, and help to re-wire your brain with new thoughts and beliefs that will help you transform your life.

## 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

Thursdays, 6:30pm - 8:30pm. September 14 to November 16

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)

Dates are to be determined.

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.