

Fall Groups 2016

Understanding Me

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

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

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.

September 28 - November 30, 2016

September 30 - December 2, 2016

Moving Towards Healthy Relationships

Wednesdays, 10:30 - 12:30 a.m.

This group 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.

October 5 - December 7, 2016

Building Better Boundaries

Thursdays, 2:00 - 4:00 p.m.

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.

September 22 - November 24, 2016

Weaving our Voices

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

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.

September 22 - December 8, 2016

Healing with Creativity

Wednesdays 6:30 - 8:30 p.m.

This group provides opportunities for women to explore their personal healing using a variety of art mediums. Open group.

September 28 - November 30, 2016

Managing Stress for Managing Moods

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

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

September 12 - November 21, 2016

Taming Our Anger (Men's Anger Management Group)

Tuesdays, 6:00 - 8:00 p.m.

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

September 6 - October 25, 2016

Aging with Wisdom (Senior Women's Self-Esteem)

Mondays, 1:30 - 3:30 p.m.

Designed for senior women as a place to enhance self-esteem and assist in making healthy life choices.

October 17 - December 12, 2016

Dynamic Girls (Teen girls, aged 15-18)

Mondays, 6:30 - 8:00 p.m.

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

September 26 - November 14, 2016