

Understanding Me Day Group | Wednesdays 9:30am—11:30pm | Sept 26—Nov 28
Evening Group | Tuesdays 6:30pm - 8:30pm | Sept 25—Nov 27

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. *No fee.*

Moving Towards Healthy Relationships Wednesdays 10am—12pm | Sept 26—Nov 28

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. Closed group, assessment required and completion of “Understanding Me” is a prerequisite. *No fee.*

Building Better Boundaries Mondays 1:00pm—3pm | Oct 15—Dec 3

Provides education and support for women who have experienced any form of abuse and are working towards setting better boundaries in their lives. Closed Group. *No fee.*

Managing Stress for Managing Moods Thursdays 6:30pm—8:30pm | Sept 13—Nov 1

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. Cost: \$200, sliding scale available.

Taming our Anger Wednesdays 6:00pm—8pm | Sept 5—Oct 24

A learning opportunity for men who have difficulty expressing and/or managing angry and aggressive feelings. Cost: \$200, sliding scale available.

Mindful Moves, Meditation and Relaxation Mondays 5:30pm—7:30pm | Sept 24—Nov 19

This class will include a balance of mindful movements to release tension, mindfulness meditation to calm the mind, and guided relaxation to restore the mind and the body. We will also discuss how we might use some of these practices to alter our response to the stresses and discomfort in our everyday lives. *No fee.*

Dynamic Girls Gr. 7/8 Thursdays 4:30pm—6pm | Sept 27—Nov 1

The group focuses on improving social interaction, 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 while navigating the teen years. *Cost: \$150 sliding scale available.*

Families in Separate Homes: FISH TBD

FISH is a group for children aged 7-10, designed to help cope with separation and divorce, utilizing Play Therapy. The purpose of the group is to explore some of the concerns, anxieties, and big feelings your child may experience during this transition while relating to other children who may be experiencing similar feelings. *Cost: \$150, sliding scale available.*