

SUMMER GROUPS 2021

All groups are online using Zoom unless otherwise noted.

To register, call Intake at 519 743-6333 or email intaketeam@carizon.ca

Understanding Me

Morning Group | Jun 15 – Aug 17

Tuesdays 9:30am - 11:30am

Evening Group | Jun 16 – Aug 18

Wednesdays 6:30pm - 8:30pm

Provides education and support for women who have experienced emotional or physical abuse within their intimate relationships.

**Evening group is a closed group and is held onsite at 400 Queen St. S. Morning group is online and is an open group (participants can join at any time).*

Moving Towards Healthy Relationships

Jul 8 – Aug 26

Thursdays 1:00pm - 3:00pm

A group for women who have experienced emotional or physical abuse, focusing on safety, building self-esteem, ending the cycle of violence, and learning how to be healthy in relationships.

Assessment required; completion of "Understanding Me" is a prerequisite. Closed group. Onsite at 400 Queen St. S.

Building Better Boundaries

Jul 14 - Sep 1

Wednesdays 6:30pm - 8:30pm

Provides education and support for women who have experienced any form of abuse and are working towards setting better boundaries in their lives. Group sessions include opportunities for discussion, reflection, and making personal connections. Closed group after second session. Online.

Taming our Anger

Jun 22 - Aug 17

Tuesdays 7:00pm - 8:30pm

A learning opportunity for adults who have difficulty expressing and/or managing angry and aggressive feelings. Closed group after second session. Online.

Cool, Calm, and Connected

Jun 9 - Jul 28

Wednesdays 4:30pm - 6:00

An 8-week group for female-identified teens aged 13 to 15 years old that focuses on increasing self-esteem, improving mood, and developing healthy relationships. Through a combination of art, mindfulness, and cognitive behavioural therapy (CBT) techniques, girls will build on their strengths, reduce isolation, and learn healthy ways to cope with anxious or low feelings. Closed Group. Onsite at 400 Queen St. S.

From Fear to Freedom: Overcoming Anxiety

Jul 8 - Aug 26

Thursdays 6:30pm - 8:00pm

An engaging, interactive, skills-based group for adults struggling with anxiety. Group members will learn how certain behaviours reinforce anxiety, develop tools to better tolerate and accept uncomfortable emotions, and practice new ways to move towards the things that matter in their lives. Closed group after second session. Online.

Managing Stress in Stressful Times

Jul 7 - Aug 25

Wednesdays 6:30pm - 8:00pm

After well over a year of pandemic struggles, which may have resulted in feelings of depression, anxiety or just feeling that we are languishing, this group will look at ideas for managing stress, managing moods, for keeping perspective and taking reasonable care of ourselves. Open group – participants can begin anytime . Online.

Chronic Pain Monthly Support Group

Jun 17, Jul 15, Aug 19, Sep 16

Third Thursday of the month 1:30-3:00pm

This group is focused on discussing chronic pain coping strategies and how you can apply them in your life. Short mindfulness exercises will be included. Led by a facilitator who has experience with chronic pain. Open group: participants can register at any time. Online.

400 Queen St. S. Kitchener, ON | www.carizon.ca

Call **519.743.6333** or email **Intaketeam@carizon.ca** for information or registration