



Spring Groups 2017

Understanding Me

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

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

April 12 - June 14, 2017

April 7- June 16, 2017

Moving Towards Healthy Relationships

Thursdays, 1:00 p.m. - 3:00 p.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.

May 18 - June 29, 2017

Weaving our Voices

Thursdays, 11:00 a.m. - 1:00 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.

Feb 23 - May 11, 2017

Building Better Boundaries

Mondays 1:00 p.m. - 3:00 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.

April 10 - June 19, 2017

Managing Stress for Managing Moods

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

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

March 27 - June 12, 2017

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

To be Determined

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

To be Determined

Taming Your Worry Dragon (Children's Group, ages 7-10)

Mondays, 4:30 - 6:00 p.m.

This group focuses on teaching children about stress and anxiety. It will explore signs, triggers and healthy coping strategies to help children to manage difficult situations and to gain control over their worries. Closed group.

March 20 - May 15, 2017

Taming Our Anger (Men's Anger Management Group)

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

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

To Be Determined