



## 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 11 - 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**