

Understanding Me

Day Group | Fridays, 10:00am - 12:00pm. April 13 to June 15
Evening Group | Tuesdays, 6:30pm - 8:30pm. April 10 to June 12

Provides education and support for women who have experienced emotional or physical abuse within their intimate relationships. Open group: clients can join at any time. *No fee.*

Moving Towards Healthy Relationships

Thursdays, 6:30pm - 8:30pm. April 12 to June 14

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. No fee, closed group, assessment required and completion of "Understanding Me" is a prerequisite. *No fee.*

Managing Stress for Managing Moods

Thursdays, 6:30pm - 8:30pm. March 29 to May 17

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 Your Worry Dragon

Mondays, 4:30pm - 6:00pm. March 19 to April 30

Teaching children (ages 7 to 10) to identify signs and triggers of anxiety. Children will develop effective strategies and feel empowered to take control over their worries so that they can cope through difficult situations. *Cost: \$150, sliding scale available.*

Taming Our Anger (Men)

Wednesdays, 6:00pm - 8:00pm, April 4 to May 23

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

Cost: \$200, sliding scale available.

Dynamic Girls (Gr. 7/8)

Thursdays, 4:30pm - 6:00pm. March 29 to May 10

This group focuses on improving social interactions, 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. *Cost: \$175, sliding scale available.*

Mindful Movement, Meditation, and Relaxation

Wednesdays, 6:00pm - 7:30pm. April 18 to June 6

This 1.5 hour session is designed to soothe the body and the mind. This class will include a balance of gentle mindful movements to release physical tension, mindfulness meditation to calm the mind, and guided relaxation to restore the mind and the body. *Cost: \$135, sliding scale available.*

Building Better Boundaries

Mondays, 1:00pm - 3:00pm. April 16 to June 11

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 may join at any time. *No fee.*