

Building Better Boundaries

Mondays 12:30pm—2pm | May 27 — July 22
No class on July 1

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.*

Understanding Me

Day Group | Wednesdays 9:30am - 11:30am | April 10 — June 11
Evening Group | Tuesdays 6:30pm - 8:30pm | April 9 — June 10

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.*

I'm More Than My Pain

Mondays 1:00pm—3pm | May 6 — June 24

A support group for people who have chronic pain. This group provides a positive and safe space for people to talk about the ways that they are impacted by having chronic pain as well as to share coping strategies. Discussion will include topics such as healthy balance, self-care strategies and dealing with losses because of pain. Each session will include a relaxation or mindfulness activity. *Cost: \$200, sliding scale available.*

Managing Stress for Managing Moods

Thursdays 6:30pm—8:30pm | April 4 — May 23

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 | April 17—June 12

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

Moving Towards Healthy Relationships

Thursdays 9:30 am—11:30am | April 18—June 20

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.*

Mindful Moves - It's a Walk in the Park!

Mondays 5:30pm—7pm | May & June
Exact dates available end of April

Sessions will begin with a walk around Victoria Park. While outdoors, the focus will be on mindful breathing and gentle stretching. The final half hour will take place indoors and focus on developing skills in seated mindfulness meditation. After registration, you will be contacted with exact dates by the end of April. *No fee.*

Money Matters

Wednesday June 5 | 6:00pm—7:30pm

Learn about the importance of budgeting and financial management through life's many transitions. Develop skills and gain an understanding of resources available to you.