

Understanding Me

Evening Group | Tuesdays 7:00pm - 8:30pm | Jun 16 - Aug 4

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

Resilient Living: Skills, Tools and Support to Build Awareness & Joy

Tuesdays 12:00 - 1:30am | ends July 14th

Resilient people have a greater ability to bounce back from challenging situations Based on the practices of mindfulness and compassion, this experiential based on-line program will allow participants to learn and practice new skills/tools. **Open group:** clients can register at any time. *No Fee*

Taming our Anger

Mondays 7:00pm - 8:30pm | Jul 6 - Aug 31

A learning opportunity for men who have difficulty expressing and/or managing angry and aggressive feelings. **Closed group after second session.** *No Fee. No session on August 3 - Civic Holiday*

Managing Stress in Stressful Times

Wednesdays 6:30pm - 8:30pm | All Summer

These are challenging and anxious times as we navigate new ways of being – being home and isolated, being worried about work, family, health, and being concerned about the long-term impact that Covid-19 might have. This group will help participants cope more effectively with stress and feelings of anxiety, to identify and change negative thoughts and to improve self-care and quality of life. **Open group:** clients can register at any time. *No fee Note: No group on July 1st.*

From Fear to Freedom: Overcoming Anxiety

Thursdays 6:30 - 8:00pm | Jul 16 - Sep 3

A skill-based interactive group for adults for whom anxiety causes problems in daily living . Participants will learn how to become more mindful of their emotions and how to better tolerate and accept “negative” emotions, allowing them to move past anxiety and towards the things that matter in their lives. *Homework completion between sessions is an expectation of this group.* **Closed group after second session.** *No Fee*

Brave Back to School: Child and Parent/Caregiver Intensive Anxiety Support Group

Tuesdays and Thursdays 10am – 11am
Aug. 18/20, Aug. 25/27, Sept. 1/3
+1 Booster Session Sept. 15th, 5-6pm

A play-based CBT group for parents/caregivers and their children ages 8-11 who are experiencing anxiety around returning to school in September. The first half-hour of the group will be for parents/caregivers to learn strategies to support their children. The second half-hour children will join and participate in a small group to learn how to recognize symptoms of anxiety, try out strategies to stay calm, work on alternate patterns of thinking, and learn how to face fears. Parent/caregiver participation will be required for the full hour session. **Closed group after the second session.** *No Fee.*

Chronic Pain Monthly Support Group

Last Thursday/month 1:30-3:00pm
June 25, July 30, Aug 27

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:** clients can register at any time. *No Fee*