

Understanding Me

Day Group | Fridays, 10:00am - 12:00pm. January 19 to March 30
Evening Group | Tuesdays, 6:30pm - 8:30pm. January 16 to March 27

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

Wednesdays, 10:00am - 12:00pm. January 24 to March 28

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. January 11 to March 1

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, January 17 to March 14

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 22 to May 3

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.*

Healing Through Yoga and Mindfulness

Wednesdays, 6:00pm - 7:30pm. January 17 to March 28

Through simple postures, breathing, and mindfulness-based practices, cultivate greater overall awareness of the mind and body connection and of practices to support emotional healing. No previous yoga experience required.
Cost: \$135, sliding scale available.

Building Better Boundaries

Mondays, 1:00pm - 3:00pm. January 15 to March 12

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.*