

**Understanding Me** Day Group | Wednesdays 9:30am—11:30am | Jan 9—Mar 20  
Evening Group | Tuesdays 6:30pm— 8:30pm | Jan 8—Mar 19

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

**Building Better Boundaries** Mondays 1pm—3pm | Jan 14—Mar 11

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.*

**Managing Stress for Managing Moods** Thursdays 6:30pm—8:30pm | Jan 10—Mar 7

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.*

**Mindful Moves, Meditation and Relaxation** Mondays 6:30pm—8pm | Jan 14—Mar 4

This class will include a balance of mindful movements to release tension, mindfulness meditation to calm the mind, and guided relaxation to restore the mind and the body. We will also discuss how we might use some of these practices to alter our response to the stresses and discomfort in our everyday lives. *No fee.*

**Dynamic Girls Gr. 7/8** Wednesdays 4-5:30 | Jan 23—Feb 27

The group focuses on improving social interaction, 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 while navigating the teen years. *Cost: \$150 sliding scale available.*

**Families in Separate Homes: FISH** Mondays 4:30pm—6pm | Jan 14—Mar 4

FISH is a group for children aged 7-10, designed to help cope with separation and divorce, utilizing Play Therapy. The purpose of the group is to explore some of the concerns, anxieties, and big feelings your child may experience during this transition while relating to other children who may be experiencing similar feelings. *Cost: \$150, sliding scale available.*

**I'm More than My Pain** Fridays 1pm—3pm | Feb 1—Mar 22

This is 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.*