

# Winter Groups 2017

## **Understanding Me**

**Evening Group:** Wednesdays, 6:30 p.m. - 8:30 p.m.

**Jan 18 - Mar 22, 2017**

**Day Group:** Fridays, 10:00 a.m. - 12:00 p.m.

**Jan 20 - Mar 24, 2017**

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.

## **Moving Towards Healthy Relationships**

**Thursdays, 6:30 p.m. - 8:30 p.m.**

**Jan 19 - Mar 21, 2017**

This group is for women who have experienced emotional or physical abuse focuses 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.

## **Weaving our Voices**

**Wednesdays, 10:30 a.m. - 12:30 p.m.**

**Jan 18 - Apr 5, 2017**

Helps women deal with the issue of childhood sexual abuse and assists participants in reducing feelings of isolation, developing advanced coping skills and increasing self-esteem. No fee

## **Building Better Boundaries**

**Thursdays, 2:00 p.m. - 4:00 p.m.**

**Jan 12 - Mar 16, 2017**

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 can join at any time.

## **Managing Stress for Managing Moods**

**Mondays, 6:30 p.m. - 8:30 p.m.**

**Jan 9 - Mar 20, 2017**

Helps participants learn methods to cope more effectively with chronic stress and feelings of depression, anxiety & negative moods, to identify & challenge chronically negative thoughts & beliefs, and thus to improve self-esteem, self-care & quality of life.

## **Taming Our Anger (Men's Anger Management Group)**

**Wednesdays, 6:00 p.m. - 8:00 p.m.**

**Feb 22 - Apr 12, 2017**

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

## **Empowering Seniors** (Call Judy Benjamins for more information: 519-743-6333 xt 342)

**Mondays, 1:30 p.m. - 3:30 p.m.**

**Jan 23 - Mar 13, 2017**

Connects seniors & informs about elder rights, healthy boundaries, resources and supports, financial wellness & planning.

## **Taming Your Worry Dragon (Children's Group)**

**Mondays, 4:30 p.m. - 6:00 p.m.**

**Start Date TBD**

This group focuses on teaching children about stress and anxiety. It will explore signs, triggers and healthy coping strategies to help children to manage difficult situations and to gain control over their worries. Closed group.