

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.

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.

Weaving our Voices

Thursdays, 11:00 a.m. - 1:00 p.m.

Feb 23 - May 11, 2017

Helps women deal with the issue of sexual abuse and assists participants in reducing feelings of isolation, developing advanced coping skills and increasing self-esteem.

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.

Mar 1 - Apr 19, 2017

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

Taming Your Worry Dragon (Children's Group, Ages 7-10)

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

Mar 20 - May 15, 2017

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.