

### Understanding Me

Morning Group | Tuesdays 9:30am - 11:30am | Sep 22 - Nov 24  
 \*Evening Group | Tuesdays 6:30pm - 8:30pm | Sep 22 - Nov 24

Provides education & support for women who have experienced emotional or physical abuse within their intimate relationships. **Open group:** clients can register at any time. Morning group Online.  
 \*Evening group Onsite at 400 Queen St. S. Fully funded.

### Moving Towards Healthy Relationships

\*Thursdays 10:00am - 12:00pm | Oct 1 - Dec 3

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. **Closed group**, assessment required and completion of "Understanding Me" is a prerequisite. **Onsite at 400 Queen St. S. Fully funded.**

### Building Better Boundaries

Mondays 10:00am - 12:00pm | Oct 19 - Dec 7

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.** Online. Fully funded.

### Taming our Anger

Mondays 7:00pm - 8:30pm | Oct 19 - Dec 7

A learning opportunity for men who have difficulty expressing and/or managing angry and aggressive feelings. **Closed group after second session.** Online. Fully funded.

### Managing Stress in Stressful Times

Starting Dates TBD

These are challenging and anxious times as we navigate the stresses of life within a pandemic. 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. **Closed group after second session.** Online. Fee \$200. Subsidies and sliding scale available.

### From Fear to Freedom: Overcoming Anxiety

Thursdays 6:30pm - 8:00pm | Oct 1 - Nov 19

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.** Online. Fee \$200. Subsidies and sliding scale available.

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

Starting Dates TBD

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. **Closed group after second session.** Online. Fee \$200 Subsidies and sliding scale available.

### Chronic Pain Monthly Support Group

Last Thursday of the month 1:30-3:00pm  
 Sep. 24, Oct. 29, Nov. 26, Dec.17

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. Online. Fee \$25 per session. Subsidies available.

### Healthy Wallet, Wealthy Mind

This group is focused on balancing emotional and financial health. Participants will be educated on basic financial literacy skills, such as understanding savings, budgeting and debt management and will also increase their understanding and skill to better manage financial stress, depression, negative thought patterns etc. *No fee.*

- Sep. 18 from 10 am—12 pm
- Sep. 23 from 1:30 pm—3:30 pm
- Nov. 4 from 1:30 pm—3:30 pm
- Nov. 6 from 10 am—12 pm