

Understanding Me

Morning Group | Tuesdays 9:30am - 11:30am | Jan 12 - Mar 16

*Evening Group | Tuesdays 6:30pm - 8:30pm | Jan 12 - Mar 16

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 | Jan 21 - Mar 11

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

Wednesdays 6:30pm - 8:30pm | Jan 20 - Mar 10

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.*

Your Mindfulness Break

Tuesdays 12pm - 12:40pm | Jan 12 - Mar 30

Learn to meditate and calm your mind. You will be given some instructions, provided time to practice and a few minutes to debrief and ask questions at the end. **Informal group - come when you can.** Online. *Fully funded.* To self-register click here: <https://bit.ly/2KGzexJ>.

Taming our Anger

Mondays 7:00pm - 8:30pm | Jan 11 - Mar 8

A learning opportunity for adults who have difficulty expressing and/or managing angry and aggressive feelings. **Closed group after second session.** Online. *Note: No group on Feb 15 - Family Day. Fully funded.*

Beating the Winter Blues

Wednesdays 6:30pm - 8:00pm | Jan 13 - Mar 3

Winter can be hard! It's cold, dark, isolating, and many people can experience low moods, low energy, and even feelings of depression, anxiety, and loss of interest in things they usually enjoy; the effects of months of pandemic lock-down may make it even worse. But there is hope and things you can do to improve your mood, increase your energy and brighten your outlook. Each week will focus on a different self-care strategy with concrete, hands-on learning for you to practice. **Open group.** Online. *Fully funded.*

From Fear to Freedom: Overcoming Anxiety

Thursdays 6:30pm - 8:00pm | Jan 21 - Mar 11

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. *Fully funded.*

Chronic Pain Monthly Support Group

Third Thursday of the month 1:30-3:00pm

Jan 21, Feb 18, Mar 18, Apr 15

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. *Fully funded.*