

# FALL GROUPS 2021

All groups are online using Zoom unless otherwise noted.

**To register, call Intake at 519 743-6333 or email [intaketeam@carizon.ca](mailto:intaketeam@carizon.ca)**

## **Understanding Me**

**Morning Group | Oct 5 – Dec 7**  
Tuesdays 9:30am - 11:30am

**\*Evening Group | Oct 6 – Dec 8**  
Wednesdays 6:30pm - 8:30pm

Provides education and support for women who have experienced emotional or physical abuse within their intimate relationships.

*\*Evening group is a closed group and is held onsite at 400 Queen St. S. Morning group is online and is an open group (participants can join at any time).*

## **Moving Towards Healthy Relationships\***

**Oct 18 - Dec 6 | Mondays 9:30am - 11:30am**

A group for women who have experienced emotional or physical abuse, focusing on safety, building self-esteem, ending the cycle of violence, and learning how to be healthy in relationships. *\*Onsite at 400 Queen St. S.*

*Assessment required; completion of "Understanding Me" is a prerequisite. Closed group.*

## **Building Better Boundaries**

**Oct 7 - Nov 25 | Thursdays 9:30am –11:30am**

Provides education and support for women who have experienced any form of abuse and are working towards setting better boundaries in their lives. Group sessions include opportunities for discussion, reflection, and making personal connections. Closed group after second session. Online.

## **Transforming Experiences:**

**An Interactive Group for People with Lived Experience of Gender-Based Abuse/Oppression**

**Oct 5 - Nov 23 | Tuesdays 6:00pm - 7:30pm**

This group is for women and gender-queer folks who have experienced gender-based abuse or oppression. In this supportive and affirming group, participants will be invited to share their stories, and delve into what abuse/oppression and safety/liberation looks and feels like in their bodies. This is an experiential and self-reflexive group.

## **Taming our Anger**

**Oct 5 - Nov 23 | Tuesdays 7:00pm - 8:30pm**

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

# FALL GROUPS 2021 (cont.)

## From Fear to Freedom: Overcoming Anxiety

Oct 6 - Nov 24 | Wednesdays 9:30am - 11:00am

An engaging, interactive, skills-based group for adults struggling with anxiety. Group members will learn how certain behaviours reinforce anxiety, develop tools to better tolerate and accept uncomfortable emotions, and practice new ways to move towards the things that matter in their lives. Closed group after second session. Online.

## Emotion Coaching 101: Becoming Your Child's Emotion Coach\*

Sep 27 - Nov 15 | Mondays 6:30pm - 8:00pm

Does your child or teen struggle with big emotions and/or mental health concerns? Would you like support in knowing how to respond to their emotions? This group will help parents and caregivers to strengthen relationships, increase cooperation and respond to strong emotional reactions. \*Onsite at 400 Queen St. S. (No group on Thanksgiving Monday, Oct 11)

## Free To Be Me\*

Oct 5 - Nov 23 | Tuesdays 4:30pm - 6:00pm

An 8-week group for female-identifying pre-teens aged 10 - 12 years old. Through activities, games and art, girls will learn healthy ways to cope with anxious or low feelings while reducing isolation. This group will support participants in developing CBT and mindfulness skills. . Closed group. \*Onsite at 400 Queen St. S.

## Chronic Pain Monthly Support Group

Sep 16, Oct 21, Nov 18, Dec 16  
Third Thursday of the month 1:30-3:00pm

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: participants can register at any time. Online.

## Be My Guest: For Individuals Involved in Hospitality and Tourism

Sept 14 - Nov 2 | Tuesdays 1:00pm - 2:30pm

A self-exploration and self-compassion group created with the hospitality and tourism industries in mind, in response to a repeated theme of "I serve everyone else, and never get time to think about myself." Sessions are intentionally interactive and experiential. Open group: our guests can register and attend at any time. Online.

400 Queen St. S. Kitchener, ON | [www.carizon.ca](http://www.carizon.ca)  
Call **519.743.6333** or email [Intaketeam@carizon.ca](mailto:Intaketeam@carizon.ca) for information or registration

