

# WINTER GROUPS 2022

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 | Jan 18 – Mar 22**  
Tuesdays 9:30am - 11:30am

**Evening Group | Jan 19 – Mar 23**  
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\*

**Jan 19 – Mar 9 | Wednesdays 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

**Jan 20 - Mar 24 | 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.*

## Taming Our Anger\*

**Afternoon Group | Jan 18 – Mar 8**  
Tuesdays 1:00pm—2:30pm

**Evening Group | Jan 20 – Mar 10**  
Thursdays 7:00pm - 8:30pm

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

*\*Afternoon group onsite at 400 Queen St S. Evening group online and closed after second session.*

## From Fear to Freedom: Overcoming Anxiety

**Jan 12 - Mar 9 | 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.*

## Chronic Pain Monthly Support Group

Jan 20, Feb 17, Mar 17, Apr 21  
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.*

## Families in Separate Homes\*

Feb 28 - Mar 28 | Mondays 4:00pm - 5:00pm

FISH is a group for children aged 9 - 11, designed to help cope with separation and divorce, utilizing Play Therapy. The purpose of the group is to provide children with a safe space to explore their worries, concerns, and other big feelings they might be experiencing during this time. *\*Onsite at 400 Queen St. S.*

**Consent by both parents MANDATORY.**

## Cool, Calm, and Connected\*

Jan 18 - Mar 8 | Tuesdays 4:30pm - 6:00

An 8-week group for female-identified teens aged 13 to 15 years old that focuses on increasing self-esteem, improving mood, and developing healthy relationships. Through a combination of art, mindfulness, and cognitive behavioural therapy (CBT) techniques, girls will build on their strengths, reduce isolation, and learn healthy ways to cope with anxious or low feelings. Closed Group. *\*Onsite at 400 Queen St. S.*

## Cool Kids\*

Jan 10 - Mar 7 | Mondays 5:30pm - 6:30pm

A play-based CBT group for children (7 - 10 years) with anxiety and their caregivers. This 8-week program will begin and end with a parent session to help caregivers learn how to recognize symptoms of anxiety and strategies to help their children stay calm. Session 2 - 7 will work with children to help them learn alternate patterns of thinking, how to face fears and strategies to stay calm. *\*Onsite at 400 Queen St. S. No group on Feb 21.*

400 Queen St. S. Kitchener, ON | [www.carizon.ca](http://www.carizon.ca)

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