



Spring Groups 2016

Understanding Me

Evening Group: Tuesdays, 6:30-8:30 p.m.

April 12 - June 14, 2016

Day Group: Fridays, 10 a.m. - 12 p.m.

April 15 - June 17, 2016

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.

Weaving our Voices

Tuesdays, 6:30-8:30 p.m.

April 12 - June 29, 2016

Helps women deal with the issue of childhood sexual abuse, and assists participants in reducing feelings of isolation, developing advanced coping skills and increasing self-esteem. No fee; assessment required.

Moving Towards Healthy Relationships

Thursdays, 6:30-8:30 p.m.

April 14 - June 16, 2016

This group 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

Fridays 10:30 a.m. -12:30 p.m.

April 22 - June 10, 2016

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.

Managing Stress for Managing Moods

Thursdays, 6:30 - 8:30 p.m.

April 7 - June 9, 2016

Helps participants learn methods to cope more effectively with feelings of depression, anxiety and negative moods, to identify & change chronically negative thoughts & beliefs & to develop self-esteem, self-care & a more satisfying life.

Taming Your Anger (Men's Anger Management Group)

Tuesdays, 6:00 - 8:00 p.m.

March 29 - May 17, 2016

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

Aging with Wisdom (Senior Women's Self-Esteem)

Wednesdays, 1:30 - 3:30 p.m.

April 13 - June 15, 2016

Designed for senior women as a place to enhance self-esteem and assist in making healthy life choices.

Taming Your Worry Dragon (Children, aged 9-12)

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

April 26 - June 14, 2016

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.

Empowering Seniors (Call Judy Benjamin for more information - 519-743-6333, x342.)

Thursdays, 10 a.m. - 12 p.m.

May 5 - June 23, 2016

Connects seniors & informs about elder rights, healthy boundaries, resources and supports, financial wellness & planning. Transportation available upon request.

Dynamic Girls (Girls, aged 15-18)

To Be Determined

A group for teen girls to improve social interaction and increase self-esteem. Different topics each week teach girls skills to help them cope with difficult times, overcome obstacles, and develop healthy relationships with themselves and others. Closed group.