## CAREGIVER SUPPORT GROUP

**ADULT SESSION** 

No cost, in-person sessions

Caregivers provide physical and emotional support to family members, neighbours, partners, and friends. We recognize that caregivers may also need support. We are here for you.

Please join us for refreshments, conversation, community, and peer support. This event will have a theme of self-care. Please join us for one or all sessions.

THURSDAYS, JAN. 5, FEB. 2, MAR. 2, APR. 6, MAY 4, JUN. 1 2023 1-2 PM



#### LEARN MORE AND REGISTER:

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## **UNDERSTANDING ME**

**INTERPERSONAL VIOLENCE SUPPORT GROUP** 

## No cost, virtual adult group

This 10-week therapy group provides education and support for women who have experienced emotional or physical abuse within their intimate relationships.

Funded by Ministry of Children, Community and Social Services.

> TUESDAYS, JAN. 10, 17, 24, 31, FEB. 7, 14, 21, 28, MAR. 7, 14 2023

10 AM-12 PM

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## **EFFECTIVE PROBLEM SOLVING** WITH OUR CHILDREN AND TEENS

PARENTING WORKSHOP

No cost, virtual workshop

This workshop will cover the value of effective problem-solving to promote healthy and nurturing relationships with our children and teens.

Practical strategies to minimize parent-child conflict will be shared.

> THURSDAY, JAN. 12 2023 7-8 PM

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# BREATHING AND CONNECTING TOGETHER

CHILD AND CAREGIVER YOGA AND MINDFULNESS GROUP

**AGES 5-9** 

In-person group

This 5-week group will promote connection between caregiver and child through playful yoga poses, engaging theraplay activities, breathing techniques and mindfulness strategies.

Please bring yoga mats.

FEE\*: \$100

\*Further subsidies available if needed.

MONDAYS, JAN. 16, 23, 30, FEB. 6, 13 2023

5-6 PM

### **LEARN MORE AND REGISTER:**













Setting goals is an important part of mental health.

Creating and achieving goals increases feelings of success and motivation. This workshop will introduce you to practical ways to set SMART Goals that will lead to improved emotional wellness for the life you want to live.

> MONDAY, JAN. 16 2023 7-8 PM



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Join us for a 5-week mid-day break to re-centre and de-stress to improve focus and concentration, restoring your daily well-being.



\*Further subsidies available if needed. THURSDAYS, JAN. 19, 26, FEB. 2, 9, 16 2023

12:30-1 PM





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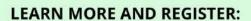


## **COFFEE AND CONNECTION: PARENTING SUPPORT COFFEE TIME ADULT GROUP**

## No cost, in-person sessions

Join us for one or all of these monthly discussions to gain resources and practical strategies to strengthen our relationships with our children and build confidence in our parenting role.

> MONDAYS, JAN. 23, FEB. 27, MAR. 27, APR. 24, MAY 29, JUN. 26 2023 10-11 AM





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**ADULT WORKSHOP** 

No cost, virtual workshop

Struggling to get a good night's sleep?

Learn how Cognitive Behavior Therapy (CBT) can help you cope with sleep problems.

TUESDAY, JAN. 24 2023 7-8 PM















This five-session therapy group develops leadership skills and confidence to enable individuals who self-identify as girls to protect themselves, develop healthy coping mechanisms, and positive social connections.



\*Further subsidies available if needed.



WEDNESDAYS, JAN. 25, FEB. 1, 8, 15, 22 2023 5-6 PM

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# LET'S TALK ABOUT MENTAL HEALTH: LEARNING SKILLS TO SUPPORT OTHERS

**ADULT WORKSHOP** 

## No cost, virtual workshop

Mental health impacts everyone. Whether you're struggling with challenges caused by the pandemic or ongoing mental health concerns, conversations on this topic are essential.

In honor of Bell Let's Talk Day, this workshop will explore every day mental health issues people face while sharing how these symptoms are heightened by COVID-19. Join us to learn how to navigate conversations to support others, as well as practical coping strategies to manage your own mental well-being.

WEDNESDAY, JAN. 25 2023

7-8 PM

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This fun-filled children's workshop promotes self-esteem and self-worth.



\*Further subsidies available if needed. **THURSDAY, JAN. 26 2023** 

4-5 PM

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## **COPING WITH THE WINTER BLUES**

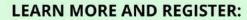
**ADULT WORKSHOP** 

## No cost, virtual workshop

If your mood is as gloomy as the "blahs of winter", join us to explore ways to ease that seasonal slump and reduce the winter blues.

**THURSDAY, JAN. 26 2023** 

7-8 PM





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