

## Upcoming Groups/Classes – January – March 2017

### Lowering Anxiety Through Self-Regulation Group

Thursday, January 12 – Thursday, February 23 – 3:00 pm – 4:30 pm

- a course to help children aged 6-12 lower their anxiety

### Reaching Older Women (ROW) Group

Tuesday, January 24 – Tuesday, March 14 – 1:30 pm – 3:30 pm

- a confidential group for women 50+ who have experienced historical or current partnership abuse

### Children & Change Group

Tuesday, January 24 – Tuesday, March 14 – 3:00 pm – 4:30 pm

- a counsellor-facilitated group program for children whose parents have separated or divorced

### Women & Wellness Group

Wednesday, January 25 – Wednesday, March 1 – 3:00 pm – 5:00 pm

- a creative group series for women in the community of all ages and backgrounds

### Parenting Skills Class

Thursday, January 26 – Thursday, March 16 – 7:00 pm – 9:00 pm

- Supports parents in developing skills to address challenging behaviours in children or teens

\* Pre-registration required for above groups. Please call 250-860-3181.

## Ongoing Drop-in Groups

### Finding Our Voices Drop-in Group

Fridays – 9:30 am – 11:30 am (except stat holidays)

- For women impacted by childhood and/or relationship abuse  
(new women – please come at 9:00 am)

### Women's Relationship Drop-in Group (starts January 24, 2017)

Tuesdays – 9:30 am – 11:30 am (except stat holidays & July/August)

- A counselling group for women who are experiencing relationship challenges  
(new women – please come at 9:15 am)

### Men's Drop-in Group (Stress or Anger in Relationships)

Mondays – 5:30 pm – 7:30 pm (except stat holidays & July/August)

### Men's Drop-in Relationship Group

Wednesdays – 6:00 pm – 9:00 pm (except stat holidays & July/August)

## Parenting After Separation

### Morning Sessions – 8:45 am – 12:05 pm

Tuesday, January 10  
Tuesday, February 7  
Tuesday, March 7



### Evening Sessions – 6:15 pm – 9:35 pm

Tuesday, January 17      Tuesday, January 24  
Tuesday, February 21      Tuesday, February 28  
Tuesday, March 21      Tuesday, March 28

Please see website ([www.kfscs.com](http://www.kfscs.com)) for more information on these groups.