

Groups & Classes – Fall 2017

Lowering Anxiety Through Self-Regulation Group

Thursday, September 14 – Thursday, October 26 – 3:30 pm – 5:00 pm

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

Children & Change Group

Wednesday, October 11 – Wednesday, November 22 – 3:00 pm – 4:30 pm

- a counsellor-facilitated group for children aged 6-12 whose parents have separated or divorced

Parenting Skills Class

Thursday, October 5 – Thursday, November 23 – 7:00 pm – 9:00 pm

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

Reaching Older Women (ROW) Group

Tuesday, September 26 – Tuesday, November 14 – 1:30 pm – 3:30 pm

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

** There is a \$20.00 materials fee required for above groups and **pre-registration is required.****

Lowering Anxiety Through Self-Regulation for Adults Group * **NEW***

Wednesday, October 4 – Wednesday, November 1 – 6:30 pm – 8:00 pm

- **cost: \$100.00** • a course to help adults lower their anxiety • *pre-registration required*

Ongoing Drop-in Groups

Finding Our Voices Drop-in Group

Fridays – 9:30 am – 11:30 am (except stat holidays) – **new women: please arrive at 9:00 am**

- A group for women impacted by childhood and/or relationship abuse

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

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

- A group for men who want to improve their handling of stress or anger in their relationships

Men's Drop-in Relationship Group

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

- A group for men striving to improve their communication or relationship skills, conflict resolution skills, and who may be struggling with separation or divorce

** No pre-registration or referral required for drop-in groups.*

Please see our website (www.kfscs.com) for more information on these groups.