

## Groups & Classes – Spring 2018

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

### Lowering Anxiety Through Self-Regulation Group for Children

Tuesdays, April 10<sup>th</sup> – May 22<sup>nd</sup> 3:30 pm – 5:00 pm (7 weeks)

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

### Children & Change Group

Wednesdays, April 11<sup>th</sup>, 18<sup>th</sup>, May 9<sup>th</sup> – 30<sup>th</sup>, June 6<sup>th</sup> 3:00 pm – 4:30 pm (7 weeks)

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

### Parenting Skills Class

Thursdays, April 12<sup>th</sup> – May 31<sup>st</sup> 7:00 pm – 9:00 pm (8 weeks)

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

### Reaching Older Women (ROW) Group

Tuesdays, May 15<sup>th</sup> – June 26<sup>th</sup> 1:30 pm – 3:30 pm (7 weeks)

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

### Rebuilding For Men \* NEW \*

Last Wednesday of the month, April, May, June, resume in Sept 6 pm – 8:30 pm

- When Your Relationship Ends – course materials based on the book by Bruce Fisher

### Rebuilding For Women

Tuesdays, May – Dates TBA 5:30 pm – 7:30 pm

- When Your Relationship Ends – course materials based on the book by Bruce Fisher

### Lowering Anxiety Through Self-Regulation for Adults Group

**cost: \$100.00** Wednesdays, April 11<sup>th</sup>, 18<sup>th</sup>, May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 6:30 pm – 8:30 pm

- a course to help adults lower their anxiety • *pre-registration required*

## Ongoing Drop-in Groups

*No pre-registration or referral required for 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 stat holidays)

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

### Men's Drop-in Relationship Group

Wednesdays, 6:00 pm – 8:30 pm (except last Wednesday of month and stat holidays)

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

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

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