



204 – 347 Leon Ave., Kelowna  
250-860-3181

## Groups & Classes – Fall 2018

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

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

Thursdays, Sept 27<sup>th</sup>; 3:30 pm – 5:00 pm (7 weeks)

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

### Children & Change Group

Wednesdays, Sept 26<sup>th</sup> – Nov 7<sup>th</sup> 3:00 pm – 4:30 pm (7 weeks), (Ages 6-8 this session)

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

### Parenting Skills Class

Thursdays, Sept 20<sup>th</sup> – Nov 8<sup>th</sup> 7:00 pm – 9:00 pm (8 weeks)

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

### Blended Families – Surviving & Thriving

Tuesdays, **January, 2019** 5:30 pm – 7:30 pm (8 weeks)

- strengthening your blended family; what works, what doesn't

### Reaching Older Women (ROW) Group

Tuesdays, Oct 9<sup>th</sup> – Nov 27<sup>th</sup> 1:30 pm – 3:30 pm (8 weeks)

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

### Rebuilding for Women

Tuesdays, Sept 18<sup>th</sup> to Nov 20<sup>th</sup> 5:30 pm – 7:00 pm (10 weeks)

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

### Rebuilding For Men

Last Wednesday of the month, **starting January 2019**, 6:00 - 8:30 pm. Call to register

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

### “I Heal” Skills & Strategies Group

Tuesdays, Oct 9<sup>th</sup> – Nov 6<sup>th</sup> 9:30 am – 11:30 am (5 weeks)

- to address trauma and chronic stress for women who fit the mandate for the Stopping the Violence Program and who are working with an individual therapist

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

**cost: \$100.00** Date TBA Wednesdays, 6:30 pm – 8:30 pm (5 weeks)

- 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

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

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

### Men in Change

Mondays, 5:30 pm – 7:30 pm (except stat holidays), starting Sept 10<sup>th</sup>

- a group for men who are interested in learning how to manage emotions & unhealthy conflict

### Men in Relationship with Self & Others

Wednesdays, 6:00 pm – 8:30 pm starting on Sept 5<sup>th</sup>

- a group for men seeking support and education in creating a healthy relationship with self and others (including those who are 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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