



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

## Groups & Classes – Winter 2019

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

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

Thursdays, TBA 3:30 pm – 5:00 pm (7 weeks)

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

### **Children & Change Group**

Wednesdays, Jan 23<sup>rd</sup> – March 13<sup>th</sup> 3:00 pm – 4:30 pm (8 weeks), (Ages 9-11 this session)

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

### **Parenting Skills Class**

Thursdays, Jan 24<sup>th</sup> – March 14<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, TBA Spring 5:30 pm – 7:30 pm (8 weeks)

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

### **Reaching Older Women (ROW) Group (March)**

Tuesdays, March 26<sup>th</sup> – May 14<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, Jan 29<sup>th</sup> – April 2<sup>nd</sup> 5:30 pm – 7:30 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 30<sup>th</sup>** 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**

TBA (February) – Call to register

- 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** TBA (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 Jan 7<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 Jan 2<sup>nd</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.connectcounsellingsociety.ca](http://www.connectcounsellingsociety.ca)) for more information on these groups.***

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