



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

Groups & Classes – Winter 2020

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

SOOTHE: Regulation Strategies for Children’s Anxiety

Tuesdays, Jan 14th – Feb 25th 3:00 pm – 5:00 pm (7 weeks)

- a counsellor-facilitated group to help children aged 6-12 lower their anxiety

Children & Change Group

Wednesdays, Jan 22nd – March 11th 3:00 pm – 4:30 pm (7 weeks), (*not Feb 5th*)

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

Parenting Skills Class

Thursdays, Jan 23rd – March 12th 6:00 pm – 8:00 pm (8 weeks)

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

Reaching Older Women (ROW) Group

Tuesdays, Jan 21st – March 24th 1:30 pm – 3:30 pm (10 weeks)

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

“Discovering the Roots of Self”

- a free group for men who are trying to navigate difficult experiences. Trauma recovery for men – by men
Pre-registration is required

Rebuilding for Women

TBA Spring

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

Rebuilding for Men

TBA Spring

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

“I Heal” Skills & Strategies Group - \$30 (\$10 if Group taken before)

Thursdays, Jan 16th – Feb 13th 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 (who are preferably working with an individual therapist)

Lowering Anxiety Through Self-Regulation for Adults Group

Wednesdays, Jan 8th – Feb 5th 6:00 pm – 8:00 pm (5 weeks)

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

Ongoing Drop-in Groups

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

Finding Our Voices – Group Full until January (no new women)

Fridays, 9:30 am – 11:30 am – **new women: please arrive at 9 am (NO GROUP DEC 27TH)**

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

Men in Change

Mondays, 5:30 pm – 7:30 pm (*NO GROUP – DEC 23RD, DEC 30TH*)

- 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 (*NO GROUP – DEC 4TH, DEC 25TH, JAN 1ST*)

- 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) for more information on these groups.

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