



DECEMBER 2019

MON

TUE

WED

THU

FRI

2	3	4 ROOTED 9:30-11:30am	5	6 THERAPY DOG 1:00-1:30pm SEEKING SAFETY 1:30pm-3:30pm
9	10 HEALTHY RELATIONSHIPS 9:30-11:30am	11 ROOTED 9:30-11:30am	12 HEALTHY ANGER 9:30-11:30am	13 THERAPY DOG 1:00-1:30pm SEEKING SAFETY 1:30pm-3:30pm
16	17 HEALTHY RELATIONSHIPS 9:30-11:30am	18 ROOTED 9:30-11:30am	19 HEALTHY ANGER 9:30-11:30am	20 THERAPY DOG 1:00-1:30pm SEEKING SAFETY 1:30pm-3:30pm
CLOSED 23	CLOSED 24	CLOSED 25	CLOSED 26	CLOSED 27
30	31 HEALTHY RELATIONSHIPS 9:30-11:30am			

HEALTHY RELATIONSHIPS

We often talk about red flags and unhealthy relationships, but what about healthy ones? Many people have not had the privilege of witnessing a healthy relationship in their lives. Others have lost the belief that they have rights in intimate relationships due to boundary violations from the past. This 4-week educational workshop explores the different components of a healthy relationship.

ROOTED

This pre-counselling series gives survivors the opportunity to learn what to expect from counselling, how trauma impacts the brain, and what tools can be used to manage flashbacks, triggers, and other symptoms of trauma

HEALTHY ANGER

When you think of anger, what do you think about? Some people are afraid to express anger because of its association with violence. Others may try to suppress it because they feel helpless or that they need to be in control at all times. This 4-week workshop challenges the way we perceive anger by exploring its role as a vehicle for change, and as an opportunity to engage in self-care.

SEEKING SAFETY

This effective skills-based group is for individuals who struggle with trauma history along with substance misuse or other less safe and potentially harmful coping mechanisms. The primary focus of this group is on learning and developing healthy coping skills and strategies.

THERAPY DOG - Drop in for a cup of coffee and to spend some time with Chewie the Therapy dog!



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