

# UPCOMING GROUPS & WORKSHOPS

August-December 2018

## JOURNEY OF LIFE

Ongoing  
TUESDAYS 1:30-3:30PM

*This drop-in group is facilitated every week and is a great opportunity for women to come together in a safe, non-judgemental setting to take part in empowering conversations. Topics include Fostering Self-Esteem, Learning and Practicing Assertive Communication, Self-Care, etc.*

## SEEKING SAFETY

September 20 - October 25  
THURSDAYS 1:30-3:30PM

*This effective skills-based group is for women who struggle with trauma history along with substance abuse and/or other unsafe coping mechanisms. The primary focus of this group is on learning and developing healthy coping skills and strategies. Topics include (but are not limited to): Safety, Grounding, Asking for Help, and Coping with Triggers.*

## BEYOND TRAUMA

September 19-December 19  
WEDNESDAYS 9:30-11:30AM

*This therapy group offers an opportunity for survivors of historical sexual abuse to learn from each other and to cope with the legacy of their trauma. It is one of our most powerful groups and is highly recommended for women who feel "stuck" and who find it difficult to move forward; beyond trauma.*

## HEALTHY ANGER

August 15 - September 5  
WEDNESDAYS 9:30 - 11:30AM

*When you think of anger, what do you think about? This 4 week workshop challenges the way we perceive anger by exploring its role as a vehicle for change, and an opportunity to engage in self-care.*

## SLEEP AND TRAUMA

September 20-October 11  
THURSDAYS 1:30 -3:30

*A common challenge that women face as a result of trauma is difficulty falling and staying asleep. This 4 week workshop explores practical strategies to help promote better health hygiene.*

## PRE-COUNSELLING GROUP

Ongoing (Starting September 12)  
WEDNESDAYS 3:15 - 4:15pm

*This psycho-education series empowers women through information about what to expect from counselling; trauma and how it affects the brain; the importance of grounding; first-aid for flashbacks, and more.*