

## Counselling Workshops

### Caring Dads (men only)

Thursdays – Aug. 11 - Dec. 1 • 6:30 pm - 8:30 pm  
This 17 session group will help fathers improve their relationships with their children by ending controlling, abusive and neglectful behaviours.

Facilitated in partnership with Dufferin Child & Family Services.

Location: DCAFS

Register: 519.941.4357, ext. 236 or 239

### Mothers in Mind (moms & children)

Tuesdays – Oct. 4 - Dec. 6 • 10:00 am - 11:30 am  
*(The group time for Dec. 6 will be 9:30 am-11:00 am)*  
This 10 week group is designed for mothers who have experienced a traumatic event and/or unhealthy/abusive family dynamics in their childhood or adult life and their children (four years of age and under). Each week, moms and their children spend time participating in activities that are geared towards enhancing parenting skills, strengthening the parent-child relationship, and learning new skills for managing the stress that can accompany parenthood.

Location: Family Transition Place

Register: FTP 519.941.4357 / 905.584.4357

### Stepping Forward (women only)

Tuesdays – Oct. 11 - Dec. 13 • 6:00 pm - 7:30 pm  
This 10 session group will help you understand the link between abuse and unhealthy coping. Participants will learn and develop healthy alternatives for coping. The importance of self care, self soothing and self expression will also be explored through relaxation and grounding techniques.

Location: Family Transition Place

Register: FTP 519.941.4357 / 905.584.4357

### A New Day (women only)

Mondays – Oct. 3 - Dec. 12 • 1:30 pm - 3:00 pm  
Understand why the harmful effects of sexual abuse don't have to last forever. Discover your courage, strength and voice in this 10 session group.

Childcare available.

Location: Family Transition Place

Register: FTP 519.941.4357 / 905.584.4357

### Coping with the Holidays (women only)

Thursdays – Dec. 1, 8, and 15 • 1:30 pm - 3:00 pm  
For some people, the “Most Wonderful Time of the Year” can feel like the worst. You might be grieving the recent loss of a loved one, spending the days far from family and friends, stressed over money, and the list goes on. Although the holidays can be difficult, you can take care of yourself and try to stay hopeful. Join us for some coffee and conversation.

Location: Family Transition Place

Register: FTP 519.941.4357 / 905.584.4357

We are pleased to announce that we are launching a new project that will increase services to women who live in the rural areas of Dufferin/Caledon. Through this initiative our Rural Response Counsellor will be able to be more “mobile” and provide support to women in a location as close to their home as possible in Shelburne, Grand Valley and North Dufferin.

For more information please call  
519-939-3423.

## After School Programs

### I'm Girl (grades 6-8 – girls only)

Tuesdays – Oct. 4 - Nov. 22 • 4:00 pm - 5:15 pm  
This 8 week curriculum is geared for females and consists of discussions that are pertinent to what females are facing today. It provides learning that helps achieve a positive self image as well as independence through responsible decision making and problem solving.

Location: Tony Rose Memorial Sports Centre

Register: Online – visit [www.familytransitionplace.ca](http://www.familytransitionplace.ca)  
or contact the Orangeville Public library  
519.941.0610.

Counselling is available in Bolton,  
Orangeville and Shelburne.  
Please call for appointments.

24 Hour Crisis/Info Line  
519.941.4357 | 905.584.4357  
[www.familytransitionplace.ca](http://www.familytransitionplace.ca)



Safety. Support. Hope. Building healthier communities, one relationship at a time.

Programs offered in partnership with:

