

Orangeville

Journey to Healing (women only)

Tuesdays – Feb. 23 - April 26 • 10:30 am - 12:00 pm
Discover your strength, courage and voice in this 10 session, safe, supportive group environment. Understand why the harmful effects of abuse don't have to last forever.

Location: Family Transition Place

Register: FTP 519.941.4357 / 905.584.4357

Strengthening Pathways (women only)

Thursdays – March 17 - May 19 • 5:00 pm - 6:30 pm
Are you having difficulty controlling your substance use? Do you have periods of sobriety followed by relapse? Is your relapse triggered by trauma? This 10 session group will help you understand the dynamic between trauma and substance use. The aim of this group is to help individuals struggling with trauma and substance dependency to develop healthy behaviours that will promote recovery.

Location: Family Transition Place

Register: FTP 519.941.4357 / 905.584.4357

Peaceful Families (women and children)

Mondays – April 11 - June 20 • 4:30 pm - 6:00 pm
Learn ways to help your children handle the feelings, self-blame and behaviours that arise in families that have experienced woman abuse. Children will be supported in managing these effects in their own age-appropriate groups. This safe, supportive program is tailored so kids have fun while learning that they are not alone. Childcare available for children under 4.

Location: Family Transition Place

Register: FTP 519.941.4357 / 905.584.4357

Healthy Relationships (co-ed)

Tuesdays – May 24, 31 & June 7 • 9:30 am - 11:30 am
This workshop covers topics such as identifying healthy and unhealthy relationships, boundaries, anger, assertiveness, conflict resolution and self-esteem.

Location: Orangeville Early Years Centre

Register: O EYC 519.941.6991, ext. 2205

Caring Dads (men only)

Thursdays – March 24 - July 17 • 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

Grand Valley

Emotional Wellness (co-ed)

Tuesdays – April 26, May 3 & 10 • 9:30 am - 11:30 am
Learn the difference between positive and problematic emotions, how to increase your self awareness about these emotions and through individual and group activities, you will understand how to best manage these emotions.

Location: Grand Valley Early Years Centre

Register: GV EYC 519.928.3383

Orangeville Public Library

I'm Girl (grades 6-7 – girls only)

Tuesdays – March 29 - May 17 • 4:15 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: Orangeville Public Library - Mill Street branch

Register: Online – visit www.familytransitionplace.ca
or contact the 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



Safety. Support. Hope. Let's build healthier communities, one relationship at a time.

Programs offered in partnership with:

