

Orangeville

Caring Dads (men only)

Dates to be determined. Please call for details.

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. 239

Stepping Forward (women only)

Wednesdays • Sept. 13-Nov. 15 • 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

Journey to Healing (women only)

Mondays • Sept. 18-Nov. 27 • 10:00 am-11:30 am

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

24 Hour Crisis/Info Line

519.941.4357 | 905.584.4357

www.familytransitionplace.ca



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

Mothers in Mind (moms & children)

Tuesdays • Oct. 3-Oct. 31 • 10:00 am-11:30 am

This five week group is designed for mothers and their children (four years of age and under) who have experienced a traumatic event and/or unhealthy/abusive family dynamics. 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

A New Day (women only)

Wednesdays • Oct. 4-Dec. 6 • 5:00 pm-6:30 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.

Location: Family Transition Place

Register: FTP 519.941.4357 / 905.584.4357

Our Rural Response Counsellor is 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.

Orangeville Public Library

I'm Girl (grades 6-7 – girls only)

Wednesdays • Oct. 4-Nov. 22 • 4:00 pm-5:00 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

Shelburne

Stitch and Unwind

Wednesdays • Oct. 11-Nov. 8 • 10:00 am-12:00 pm

A social support activity-based group with a focus on reducing isolation, fostering exploration/creativity, and developing self-esteem. Enjoy some meaningful and thoughtful conversation while relaxing with your own knitting, crocheting or stitchery project. Don't have supplies? A few sets of knitting needles, crochet hooks and yarn have been generously donated to get you started.

Location: Shelburne Centre for Health
DAFHT Mental Health Office

167 Centre St, Shelburne

Register: 519-938-8802, ext. 314 or
519-925-0017, ext. 236

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

Programs offered in partnership with:

