

## Orangeville

### Peaceful Families (women and children)

Tuesdays • April 10-June 19 • 4:30 p.m.-6:30 p.m.  
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

### Journey to Healing (women only)

Tuesdays • May 1-June 19 • 9:30 a.m.-11:00 a.m.  
Discover your strength, courage and voice in this 8 week session, safe, supportive group environment. Understand why the harmful effects of abuse don't have to last forever. Childcare available.

Location: Family Transition Place  
Register: FTP 519.941.4357 / 905.584.4357

### After Care Support Group (women only)

Wednesdays • May 2-June 20 • 9:30 a.m.-11:00 a.m.  
Continue your healing journey with our 8 week After Care support group designed for women who have already completed one of FTP's therapeutic groups within the last year, and who want the ongoing emotional support and social connection that group provides. The semi-structured format provides opportunity to discuss and explore real life experiences with other women who can offer support and encouragement, in a relaxed and safe environment.

Location: Family Transition Place  
Register: FTP 519.941.4357 / 905.584.4357

### Caring Dads (men only)

Dates to be determined • 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

## Shelburne

### Coffee & Conversation (women only)

Mondays • May 7-June 11 • 9:30 a.m.-11:00 a.m.  
Come out for "Coffee & Conversation". Topics of discussion will be based on the group's interests, and may cover such things as self-care, assertiveness, guilt, anger, boundaries in relationships.

Location: Mel Lloyd Centre  
Register: Samantha McCabe – 519-939-3423

### Feelings After Birth (women only)

Guest speaker once a month  
Feelings After Birth (FAB) offers support and resources in a small group setting to women (with babies under the age of one year) who are experiencing the additional stress of post-partum depression, anxiety, anger, irritation and other mood issues. Facilitated by staff from Wellington-Dufferin-Guelph (WDG) Public Health, Dufferin Child and Family Services, Family Transition Place and the Ontario Early Years Centre (EYC).

Childcare available for children under 6.  
Location: Orangeville Early Years Centre  
Register: EYC 519.941.6991  
PLEASE CALL EYC FOR GROUP DATES

## Orangeville Public Library

### I'm Girl (grades 6-7 – girls only)

Wednesdays • April 11-May 30 • 4:00 p.m.-5:00 p.m.  
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](http://www.familytransitionplace.ca) or contact the library 519.941.0610

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

Our Rural Response Counsellor is 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.



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

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

Programs offered in partnership with:

