

Orangeville

Mothers in Mind (moms & children)

Tuesdays • Oct. 2-Oct. 30 • 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

Journey to Healing (women only)

Wednesdays • Oct. 3-Dec. 5 • 10:00 a.m.-11:30 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

A New Day (women only)

Mondays • Oct. 15-Dec. 17 • 6:00 pm-7:30 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

Women Changing Paths (women only)

Mondays • Oct. 15-Dec. 17 • 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

Caring Dads (men only)

Wednesdays • Oct. 17-Dec. 19 • 6:30 pm-8:30 pm

Break and start again • Jan. 3-Feb. 13, 2019

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

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

I'm Girl (grades 6-7 – girls only)

Tuesdays • Sept. 25-Nov. 13 • 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

Pathways to Wellness for Her (women)

Fridays starting September 7 • 9:30 a.m.-11:30 a.m.

Sept. 7, Sept. 28, Oct. 19, Nov. 9, Nov. 30 and Dec. 21

Join us every third Friday for an interactive and inspiring morning. EarlyON Dufferin is partnering with Family Transition Place to offer this facilitated group in support of personal wellness encouraging community connections with other women. We will enjoy open dialogue, fun activities and guest speakers. Childcare available.

Location: Shelburne Early Years Centre

Register: EYC 519.925.5504

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

Our Rural Response Counsellor is more mobile and is able to 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.**

24 Hour Crisis/Info Line | 519.941.4357 | 905.584.4357

www.familytransitionplace.ca



Programs offered in partnership with:

