

Orangeville

Journey to Healing (women only)

Mondays • April 8-June 10 • 6:00 p.m.-7:30 p.m.
Discover your strength, courage and voice in this 10-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

Peaceful Families (women and children)

Tuesdays • April 9-June 18 • 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

A New Day (women only)

Wednesdays • April 10-June 12 • 10:30 a.m.-12:00 p.m.
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

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

Caring Dads (men only)

Dates to be determined • 6:30 p.m.-8:30 p.m.

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

Finding and Empowering You (women)

Fridays starting March 1 • 9:30 a.m.-11:30 a.m.
March 22, April 12, May 3, May 31, and June 14
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 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.

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.

Programs offered in partnership with:

