

## Orangeville

### A New Day (women only)

Tuesdays • Sept. 17–Dec. 3 • 6:00 p.m.–7:30 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.

Location: Family Transition Place

Register: FTP 519.941.4357 / 905.584.4357

### Growing Forward (women only)

Wednesdays • Sept. 25–Oct. 30 • 9:30 a.m.–11:00 a.m.

Specific to individuals who have already attended one of our previous groups within the past year. This is a six-week group focused on building on your skills, social connections and sense of community.

Childcare available.

Location: Family Transition Place

Register: FTP 519.941.4357 / 905.584.4357

### Mothers in Mind (moms & children)

Wednesdays • Oct. 2–Oct. 30 • 10:00 a.m.–11:30 a.m.

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

### Stepping Forward (women only)

Thursdays • Oct. 3–Dec. 5 • 1:00 p.m.–2:30 p.m.

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)

Thursdays • Oct. 3–Dec. 5 • 5:30 p.m.–7:00 p.m.

Discover your strength, courage and voice in this eight-week 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

### Caring Dads (men only)

Thursdays • 6:30 p.m.–8:30 p.m.

Group starts mid-October 2019. 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

### 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

### Co-Ed Youth Group (grades 6-7, boys & girls)

Tuesdays • Oct. 1–Nov. 19 • 4:00 p.m.–5:00 p.m.

This eight-week group was developed to help today's preteen and teens better understand the issues they face during adolescence and help them make healthier choices. The group teaches youth how to build on their personal strengths, feel good about themselves and resist the pressures to make unhealthy choices. The program will provide education and information to strengthen their assertiveness skills, emotional regulation, problem-solving skills and help them develop strategies to deal with peer pressure and risky behaviour. The information and activities chosen for this group are presented in a multi-media format utilizing interactive games. The group is both informative and fun and we look forward to working with the participants.

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 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](http://www.familytransitionplace.ca)



Programs offered in partnership with:

