

Orangeville

A New Day (women 16-24)

Wednesdays • Sept 21–Oct 19/Nov 9–Dec 7
6:30–8 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 for young women.

Location: Family Transition Place
Register: FTP 519-941-4357 / 905-584-4357

Stepping Forward (women only)

Mondays • Oct 3–Dec 12 • 1–2:30 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

Mothers in Mind (moms & children)

Tuesdays • Oct 4–Nov 1 • 10:30 a.m.–12 p.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

Caring Dads (men only)

Tuesdays • Oct 18–Feb 14 • 7–9 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: Virtual
Register: 519-941-4357, ext. 239

Growing Forward (women only)

Wednesdays • Oct 19–Nov 30 • 10 a.m.–12 p.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.

Location: Family Transition Place
Register: FTP 519-941-4357 / 905-584-4357

Journey to Healing (women only)

Tuesdays • Nov 1–Dec 20 • 5–6:30 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

Support for Partners (co-ed)

Mondays • Feb 6–April 3 • 5:30–7 p.m.

Relationships can be challenging and these challenges can be magnified when a partner has experienced sexual violence. This group provides a place of support for those who have a partner who has experienced some sort of sexual violence, whether historical or recent.

Location: Family Transition Place
Register: FTP 519-941-4357 / 905-584-4357

Peaceful Families (women and children)

Tuesdays • Feb 21–April 11 • 4:30–6:30 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.

Location: Family Transition Place
Register: FTP 519-941-4357 / 905-584-4357

Shelburne

A New Day (women 25+)

Tuesdays • Oct 4–Dec 6 • 10–11:30 a.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

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

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: