

Orangeville Groups

Stepping Forward (women only)

Mondays • 1:30–3:30 p.m. • start date TBD

This 8-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 • 10 a.m.–12 p.m. • start date TBD

This 5-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 • Jan 9–April 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

Healing Your Inner Child (women only)

Tuesdays • Jan 23–March 12 • 2–3:30 p.m.

This 8-session group, designed for women who have been impacted by abuse, will teach, explore and practice concepts geared towards healing your inner child. Inner child work is an approach to recognizing and healing childhood trauma by addressing unmet needs and reparenting oneself.

Location: Family Transition Place

Register: FTP 519-941-4357 | 905-584-4357

Journey to Healing (women only)

Tuesdays • Feb 6–March 26 • 10–11:30 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.

Location: Family Transition Place

Register: FTP 519-941-4357 | 905-584-4357

Support for Caregivers (any gender)

Tuesdays • March 12–April 30 • 5–6:30 p.m.

It is often difficult to navigate how to care for someone you love who has experienced sexual violence. You may be unsure of what to say or what to do to help them through the process. This 8-session group provides a space of support for caregivers (i.e., intimate partners, family members, parents and friends) to learn about trauma, how to support their loved ones and to learn techniques to love and care for themselves.

Location: Family Transition Place

Register: FTP 519-941-4357 | 905-584-4357

Peaceful Families (women & children)

Tuesdays • April 2–June 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 11-week 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 Groups

Tea & Chat (women only)

Wednesdays • Jan 10–March 6 • 10:30–11:30 a.m.

Family Transition Place's Rural Response counsellors welcome women in rural Dufferin and Shelburne who simply want to connect with others for company and conversation.

This group runs weekly on an ongoing basis.

Location: Family Transition Place

Mel Lloyd Centre

167 Centre St, Entrance A, Shelburne

Register: Not required (drop in, bring your own mug)

Journey to Healing (women only)

Thursdays • Dec 14–Feb 1 • 3–4:30 p.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.

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