



family
transition
place

2024/2025 Counselling Workshops

Family Transition Place (FTP) offers counselling workshops designed to support individuals who have experienced trauma through abuse. These workshops are offered in Orangeville and Shelburne and are available to residents of Dufferin and Caledon.

Please call FTP to register: 519-941-4357 | 905-584-4357 | 1-800-265-9178

Orangeville Workshops - FTP, 20 Bredin Parkway

Healing through Creating (women only) — Tuesdays • 10–11:30 a.m. **OR** 1–2:30 p.m. • Sept 3–Oct 22, 2024

Join us in this 8-session group for women who have survived sexual abuse. You will learn invaluable skills such as setting boundaries, relieving stress and reclaiming a positive self-image using creative outlets like art. You don't need prior art skills to engage in this group.

Healing Your Inner Child (women only) — Thursdays • 5:30–7 p.m. • Sept 5–Oct 24, 2024

This group 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.

Caring Dads (men only) — Tuesdays • 7–9 p.m. • Oct 8, 2024–Feb 11, 2025

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. *This group is held virtually.*

Relapse Prevention (women only) — Mondays • 3–4:30 p.m. • Oct 21–Dec 9, 2024

Have you ever struggled with addictions (alcohol, drug, gambling or other)? Through the use of a structured relapse prevention book, this group will explore common triggers, causes of relapse and present coping skills.

A New Day (women only) — Tuesdays • 11–12:30 p.m. **OR** 12:30–2 p.m. • Nov 5–Dec 17, 2024 and Jan 7–21, 2025

Understand why the harmful effects of sexual violence don't have to last forever. Discover your courage, strength and voice.

Coping with the Holidays (women only) — Thursdays • 2–3 p.m. • Dec 5, 12 and 19, 2024

This is a supportive group for women who have experienced abuse and/or trauma and may be experiencing challenges with the holidays.

Journey to Healing (women only) — Fridays • 10:30 a.m.–12 p.m. • Jan 10–Feb 28, 2025

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.

Journey to Healing (women only) — Thursdays • 6–7:30 p.m. • March 20–May 8, 2025

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.

Peaceful Families (women & children) — Tuesdays • 4–5:30 p.m. • April 1–29, 2025

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.

Shelburne Workshops - Mel Lloyd Centre, 167 Centre St, Entrance A

Surviving Abuse (women only) — Tuesdays • 10–11:30 a.m. **OR** 6–7:30 p.m. • Sept 10–Nov 5, 2024

Join us in a 9-week domestic violence educational class and support group for those who have, or are currently experiencing, domestic abuse. Self-referrals welcome. Closed group. Confidential, safe and supportive space. Need to be a resident of Rural Dufferin.

Healing through Creating (women only) — Mondays • 10–11:30 a.m. **OR** 1–2:30 p.m. • Feb 3–March 24, 2025

Join us in this 8-session group for women who have survived sexual abuse. You will learn invaluable skills such as setting boundaries, relieving stress and relieving a positive self-image using creative outlets like art. You don't need prior art skills to engage in this group.