



Spring/Summer 2026 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.

Orangeville Workshops - FTP, 20 Bredin Parkway

Thoughts in Balance (women only) – Fridays • April 10–June 12, 2026 • 10:30 a.m.–12 p.m. OR 1–3:30 p.m.

Feeling stuck in unhelpful thoughts or overwhelmed by emotions? You are not alone. This 10-week group is based on the workbook *Mind Over Mood* and offers practical tools to understand your moods and take back control. Together, we'll explore how thoughts, feelings and actions connect—and practice simple strategies to build balance, confidence and resilience.

Peaceful Families (women and children) – Tuesdays • April 28–May 26, 2026 • 4:30–6 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.

The Blueprint: Boundaries (women only) – Fridays • June 5–July 7, 2026 • 10 a.m.–12:30 p.m.

In this group for survivors of sexual violence, we will explore the vital role that boundaries play in maintaining self-respect, protecting your well-being and fostering healthier relationships. Learning about boundaries isn't just about saying "no"—it's about understanding your needs, recognizing your limits, and giving yourself permission to prioritize your emotional and physical space.

Come As You Are (women only) – Thursdays • June 25–July 30, 2026 • 2–3:30 p.m.

This group offers a safe and supportive space for individuals impacted by abuse to connect, reflect and learn. Through conversation and gentle education, the group aims to offer knowledge and support as you make sense of your experiences. Come as you are, all parts of you are welcome.

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

Surviving Abuse (women only) – Tuesdays • April 21–June 9, 2026 • 10–11:30 a.m. OR 5:30–7 p.m.

Join us in an 8-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.

She Still Stands (women only) – *DROP IN* first and last Tuesday of every month • Feb 24–May 26, 2026 • 10–11:30 a.m.

She Still Stands is a trauma-informed, drop-in group for women in Rural Dufferin County seeking support, grounding and connection. Hosted by compassionate counsellors from FTP's Rural Response Program, this group honours survival while offering a space to rest, reflect and feel less alone. **NO REGISTRATION REQUIRED.**

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