

Living, Learning & Loving Respectfully

“Empower Yourself!”

Women Only: Topics & activities include: feeling confident, being assertive, managing anger, taking care of yourself. Group selects the topics for the six weeks. Chart your own course!

At the Ontario Early Years Centres (OEYC) in Dufferin
 9:30 am - 11:30 am
 Shelburne - Wednesdays - Oct 25 to Nov 29 (excl Oct 31)
 Grand Valley - Tuesdays - Oct 3 to Nov 14
 Orangeville - “Healthy Me” - Mondays - Sept 11 to Oct 23
 To register call OEYC Dufferin - 519-941-6991 ext 2205

“Co-ed Parenting!”

Moms & Dads: Raising kids today can be a challenge! Build on what you both already know. Topics include: parents’ world, family limits, consequences, parents’ actions, children’s thoughts and behaviours.

At the Caledon Parent-Child Centre - Bolton
 Thursdays Sept 28 to Oct 19 - 7 pm to 9 pm
 To register call CP-CC - 905-857-0090

“Be the best dad you can be!”

Dads Only: Squash the “myths” of fatherhood! Share with other dads the joys and frustrations of parenting and ways to enrich your relationship with your kids.

At the Caledon Parent-Child Centre (CP-CC), Bolton
 Saturdays Oct 28 & Nov 11 - 10 am to 12 noon
 To register call CP-CC - 905-857-0090

At the Ontario Early Years Centre (OEYC), Orangeville
 Saturdays Sept 23 & Oct 7 - 10 am to 12 noon
 To register call OEYC - 519-941-6991 ext 2205

At Montgomery Village School, Orangeville
 Thursdays Nov 9 & 16 - 7 pm to 9 pm
 To register call Dufferin Parent Support Network
 519-940-8678 / info@dpsn.info



**Register today!
 Fall workshops for
 women, men, parents.**

Serving Caledon & Dufferin

All workshops facilitated by FTP counsellors and violence prevention educators. For information call Family Transition Place.

“Anger’s Bubble”

Women Only: What’s bubbling below the surface of anger? Find out how and why anger can bubble and burst and discover ways to deal with the situations and feelings below the anger.

At Montgomery Village School, Orangeville
 Thursdays Oct 19 to Nov 2 - 7 pm to 9 pm
 To register call Dufferin Parent Support Network
 519-940-8678 / info@dpsn.info

“New Gateways to Seeking Comfort”

Women Only: If food, alcohol, drugs or sex aren’t solving your problems or taking away your pain, come and learn new ways to find comfort and take control. Guest speakers. (Co-facilitated with staff from Homewood Addictions and Drug Services)
 Tuesdays – Sept 19 to Dec 12 - 6 pm to 8 pm

“Butterfly Women”

For Women Sexually Abused as Children: Discover your courage, strength and voice in this private, non-judgmental group. Understand why the harmful effects of abuse don’t have to last forever.
 Fridays – Sept 15 to Dec 15 - 9:30 am to 11:30 am

“Peaceful Families”

For Moms & Kids: Learn ways to help your children handle the feelings, self-blame, and behaviours that arise in families that have experienced woman abuse. Kids learn they’re not alone. (Child care available.)
 Wednesdays – Oct 11 to Nov 29 - 6 pm to 8 pm

“Women’s Coffee Club”

Women Only: Don’t sit at home alone watching TV, feeling bored and lonely! Join other women who want to get out, have fun, make friends and discover inexpensive community activities. For weekly Coffee Club info call 519-942-4122/905-584-4357 ext. 269
 Wednesdays – Drop-in starting Sept 13 - 10 am to 12 noon

Location for the above workshops:

Family Transition Place, 20 Bredin Pkwy, Orangeville
 Please advise if you need child care - it may be available for some workshops.

To register:

519-942-4122 / 905-584-4357 ext 236 or 239

Supported by Banner

Transitional Support * Violence Prevention * Workshops