



Fall 2010 Workshops

[FOR WOMEN, MEN AND CHILDREN!]



Orangeville

PEACEFUL FAMILIES

[Moms & Children] Learn ways to help your children handle the feelings, self-blame, and behaviors that arise in families that have experienced woman abuse. In the program, kids learn they are not alone and they have fun.

Date(s): Wednesdays – Sept 22 to Dec 1
 Time: 4:30 pm - 6:30 pm
 Location: Family Transition Place
 Register: FTP 519-941-4357/905-584-4357
 Childcare available.

EMOTIONAL WELLNESS

[Women Only] This 3 session group will provide participants with information on both positive and problematic emotions, how to increase self awareness about these emotions, where these emotions come from and how to regulate emotion. Participants will be encouraged to participate through written exercises, group discussion as well as expressive, art-based activities.

Date(s): Tuesdays – Sept 14, 21 & Oct 5
 Time: 9:30 am - 11:30 am
 Location: Orangeville Early Years Centre
 Register: EYC 519-941-6991, ext. 2205



[Women Only] For women who have been sexually assaulted or sexually abused. Personal power comes from within. Take charge of your life and learn how to make change happen. Series of topics will help you increase your self-esteem, find your voice and make your life your own.

Date(s): Wednesdays – Sept 8 - Dec 1
 Time: 10:00 am - 11:30 am
 Location: Family Transition Place
 Register: FTP 519-941-4357/905-584-4357
 Childcare available upon request.

Orangeville

HEALTHY RELATIONSHIPS

This workshop covers topics such as identifying healthy and unhealthy relationships, boundaries, anger, assertiveness, conflict resolution and self-esteem.

Date(s): Mondays - Sept 20, 27 and Oct 4
 Time: 7:00 pm - 9:00 pm
 Location: To Be Determined
 Register: DPSN 519-940-8678

HEALTHY ME SERIES (DROP-IN)

[Women Only] The coffee pot is on and the herbal tea is brewing! Join other women on the journey to empowerment and feeling good. Each month will bring a new topic and discussion. This is a monthly drop-in group.

Date(s): Mondays – Sept 27, Oct 25, Nov 29
 Time: 5:30 pm - 7:00 pm
 Location: Family Transition Place
 Register: FTP 519-941-4357/905-584-4357

September 27 – Self Awareness
 October 25 – Assertive Communication
 November 29 – Self Care

EMOTIONAL WELLNESS

This 3 session group will provide participants with information on both positive and problematic emotion, how to increase self awareness about these emotions, where these emotions come from and how to regulate emotion. Participants will be encouraged to participate through written exercises, group discussion as well as expressive, art-based activities.

Date(s): Tuesdays - Nov 16, 23, 30
 Time: 7:00 pm - 9:00 pm
 Location: To Be Determined
 Register: DPSN 519-940-8678

Orangeville

BEST DADS

Squash the “myths” of fatherhood! Explore the barriers, the frustrations and the joys of being a dad. Meet and connect with fellow fathers from your community.

Date(s): Thursdays - Nov 18 and 25
 Time: 6:00 pm - 8:00 pm
 Location: Orangeville Early Years Centre
 Register: DPSN 519-940-8678

WOMEN'S COFFEE CLUB

[Women Only] Come out and enjoy meeting other women, learn new hobbies, discover inexpensive community activities, and join field trips and outings.

Date(s): One Tuesday a month
 Time: TBA
 Location: Meet at Family Transition Place
 Drop In: No registration required
 For info call Laura Moscattello – 519-942-4122 or 905-584-4357 ext. 303

Shelburne

TAKING CARE OF YOU

[Women Only] Take time to nurture yourself! Discover ways to cherish your body, mind and emotions!

Date(s): Wednesdays – Sept 15, 22, 29
 Time: 9:30am - 11:30am
 Location: Shelburne Early Years Centre
 Register: EYC 519-925-5504

Programs offered in partnerships with



Grand Valley

HEALTHY ME SERIES (DROP-IN)

[Women Only] The coffee pot is on and the herbal tea is brewing! Join other women on the journey to empowerment and feeling good. Each month will bring a new topic and discussion. This is a monthly drop-in group.

Date(s): Tuesdays – Sept 14, Oct 19, Nov 30
 Time: 10:00 am – 11:30 am
 Location: Grand Valley Early Years Centre
 Register: EYC 519-928-3383

September 14 – Self Awareness
 October 19 – Assertive Communication
 November 30 – Self Care

Bolton

EMOTIONAL WELLNESS

This three session group will provide participants with information on both positive and problematic emotions, how to increase self awareness about these emotions, where these emotions come from and how to regulate emotion. Participants will be encouraged to participate through written exercises, group discussion as well as expressive, art-based activities.

Date(s): Fridays – Oct 15, 22, 29
 Time: 9:30 am - 11:00 am
 Location: Caledon Parent-Child Centre
 Register: CPCC 905-857-0090

Counselling available in Bolton,
 Orangeville and Shelburne.
 Call for appointments.

24 HOUR CRISIS/INFO LINE
 519-941-HELP/ 905-584-HELP
 WWW.FAMILYTRANSITIONPLACE.CA