

Catholic Family Services of Toronto

CALENDAR OF ACTIVITIES – JANUARY TO JUNE 2010

GROUPS FOR MEN AND WOMEN

Reducing Stress Using Mindfulness Approaches

This group will assist you to reduce your reactions to stress encountered in daily life. Learn relaxation and meditation practices to assist you to become more self-observant and self-aware of your reactions to stress. \$270 for 9 sessions.

Central Toronto Office, 6:30 to 8:30 PM
Tuesdays, January 12th to March 2nd
Tuesdays, March 16th to May 4th

GROUPS FOR WOMEN

The Self-Confident Woman

A group designed to help women to become aware of their own giftedness and resourcefulness and to enhance their self-esteem. \$360 for 12 sessions.

Central Toronto Office, 6:30 to 8:30 PM
Thursdays, January 7th to April 1st
Tuesdays, April 6th to June 22nd

Demystifying Anger

A group in which women will be given the opportunity to learn to deal with their anger in a positive, healthy fashion.

\$300 for 10 sessions and pre & post group interviews.

North Toronto Office, 6:30 to 8:30 PM
Thursdays, February 4th to April 8th
Note: Screening interview required.

GROUPS FOR MEN

Choosing To Change

A 12-week counselling group for men who have been emotionally or physically abusive in their relationships with women and wish to change. Men attending the program must not have pre-adjudicated charges before the criminal court.

North Toronto Office, 6:30 to 8:30 PM
Tuesdays, January 5th to March 23rd
Tuesdays, March 30th to June 15th
Note: fees individually assessed.

Being A Dad

A program to assist fathers to end their abusive behaviour and affect positive changes in their parenting skills.

Offered at Catholic Children's Aid Office Locations
8 sessions, 6:30 to 8:30 PM

Wednesdays, January 13th to March 3rd
Wednesdays, March 10th to April 28th (time TBA)
Please call 416-222-0048 for further details.

Men and Anger

This educational group will assist you to tune into the source of your anger, the behaviour it brings and to learn proven strategies for solving anger-specific problems.

\$300 for 10 sessions.
North Toronto Office, 6:30 to 8:30 PM
Tuesdays, January 12th to March 16th
Mondays, April 12th to June 21st
North Toronto Office, 8:30 to 10:30 AM

Wednesdays, January 27th to March 17th (8 sessions)
Ongoing intake, please call Carl at 416-222-0048
Note: Screening interview required.

GROUPS FOR ABUSED WOMEN AND THEIR CHILDREN

For More Information and to Register Call 416-222-0048

Safe To Share: Women's Support Group

An ongoing, open group for women who have experienced abuse in their relationships. No fee. Child care provided.

Understanding Abuse

A group for women who have experienced abuse in their intimate partner relationship. This group explores the impact of the abuse in a safe supportive environment. 10 week program. \$10 per session.

Here To Help

This group is for women and their children who have been exposed to intimate partner abuse. Groups are offered for children 4 - 16 years of age. This is an ongoing joint project of the North York Violence Against Women agencies. Winter and Spring Sessions. No fee. 10 sessions per group.

Group For Survivors Of Sexual Abuse

A group to support women in developing healthy coping skills and boundaries in relationships. Program offered in partnership with St. Joseph's Health Centre.

Parenting After Abuse

A group for women who have left an abusive relationship and have children under the age of 12. This group will explore how the abuse has affected the family and how to build on parenting strengths to encourage a healthy parent-child relationship. 8 week program \$10 per session
Contact Jennifer

GROUPS FOR FAMILIES AND INDIVIDUALS EXPERIENCING SEPARATION OR DIVORCE

Living With Separation and Divorce

A group for recently separated or divorced adults who are looking for a support group to help them cope with the difficult transition of being separated or divorced. \$300 for 10 weeks.

North Toronto Office, 10:00 AM to 12:00 NOON
Tuesdays, February 23rd to April 27th
North Toronto Office, 6:30 to 8:30 PM
Tuesdays, February 16th to April 20th
Central Toronto Office, 6:30 to 8:30 PM
Thursdays, April 8th to June 10th

Because Kids Are Worth It!

Groups for children, youth and pre-teens dealing with issues of family break-up, loss and grief. Concerns are handled in a safe and accepting environment. \$300 for 10 sessions.

Please note that screening will be done prior to commencement.

Young School Age Group (YSAG)

North Toronto Office, 6:00 to 7:00 PM
Thursdays, January 7th to March 18th
Thursdays, April 15th to June 17th

Older School Age Group (OSAG)

North Toronto Office, 7:00 to 8:00 PM
Thursdays, January 7th to March 18th
Thursdays, April 15th to June 17th

CATHOLIC FAMILY SERVICES OF TORONTO

Central Toronto Office
1155 Yonge Street
Suite 100
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(At the Summerhill Subway Stn.)
Tel: (416) 921-1163

North Toronto Office
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(1 block North of Finch Subway Stn.)
Tel: (416) 222-0048

www.cfsofto.org info@cfsofto.org

Catholic Family Services of Toronto

is fully accredited as a family service agency by Family Service Ontario. Our staff are trained professionals in the areas of individual, couple and family counselling, marriage preparation and wellness services. We are committed to helping individuals, couples and families to strengthen relationships. Our response is always to the human need. We welcome people from all ethnic, cultural and religious backgrounds.

Register Early!!!!
Space is limited for some groups

FEE SUBSIDIES AVAILABLE ON REQUEST