



Community Counselling & Resource Centre

Winter 2012 COUNSELLING GROUPS

The Clinical Program at Community Counselling and Resource Centre is pleased to be offering the following groups during the winter of 2012. For further information or to register, please call 705-742-4258.

Caregiver Support Group - Daytime groups offering support for those in a caregiving role. Participants meet others in similar circumstances, and develop new ways of coping with the pressures of caregiving. **This group will be offered in the spring of 2012.**

Choices & Changes - A ten week group for women who want to explore their patterns of choosing and relating with intimate partners. **Group begins January 17, 2012.**

Managing Change Effectively for Men - covers effective communication, coping with stress & social change, conflict resolution & anger management, and dealing with loss. 8 week program **begins February 13, 2012.**

Peaceful Families Groups - For children whose lives have been impacted by domestic violence; includes a mother's group. In a supportive environment, children learn that the violence is not their fault, and have the opportunity to share their thoughts and feelings with others. **Groups begin January 16, 2012.**

Personal Growth Groups for Women - An invitation to awareness and fun. 10 week programs **begin in January 2012:**

Healthy Self Esteem: Feeling Good About Yourself - Getting in touch with our inner resources and gaining a sense of personal empowerment.

Assertive Communication: Standing up for Ourselves - Learning to stand up for ourselves and act in our own best interests, while also respecting the rights of others.

Managing Anger: Keeping Cool and Talking Straight - Understanding and expressing anger in positive and healthy ways.

