

Catholic Family Services of Toronto

CALENDAR OF ACTIVITIES – JANUARY TO JUNE 2019

GROUPS FOR WOMEN

The Self-Confident Woman

A 10-week psycho-educational group designed for women who are interested in exploring their identity and becoming more aware of their strengths and resourcefulness. The group is meant to provide participants with skills and knowledge that will assist them in the process of reaching healthy levels of confidence. \$300 Fee

Central Toronto Office, 6:30 to 8:30 PM

Thursdays, January 24th to March 28th or
Thursdays, April 18th to June 20th

Demystifying Anger

A group where women will be given the opportunity to learn to deal with their anger in a positive, healthy fashion. \$300 for 10 sessions

North Toronto Office, 1:00 to 3:00 PM

Mondays, January 28th to April 15th

Note: Screening interview required.

GROUPS FOR ABUSED WOMEN AND THEIR CHILDREN

For More Information and to Register Call 416 222-0048

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.

Winter and Spring Sessions

8 to 10 week programs \$30 per session
(subsidies are available on request)

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

Managing Emotions Thoughtfully

This 9 week psycho-educational group is being offered to women who want to learn new strategies to respond to their emotions. The group is for women who have experienced trauma in their lives. Fee \$30. per session

RISE

This monthly psychoeducational group provides support and information to women who are dealing with the impact of violence in their relationships. No Fee

GROUPS/PROGRAMS FOR MEN

Counselling is available for men who have experienced abuse.

Choosing To Change

A 10-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, February 12th to April 16th or
Tuesdays, May 7th– July 9th

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 No Fee

Thursdays, February 21st to April 4th or
Thursdays, May 16th to July 4th

Please call 416 222-0048 for further details.

Anger and Beyond

This educational group helps men build skills, learn communication techniques, and recognize stress and anger triggers to promote self-awareness. Men attending the program must not have pre-adjudicated charges before the criminal court.

\$300 for 10 sessions.

North Toronto Office, 6:00 to 8:00 PM

Tuesdays, February 5th to April 9th or
Tuesdays, April 30th to July 2nd

Ongoing intake, please call 416 222-0048 Screening interview required

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.

Central Toronto Office

Date and Time TBA

Spaces are limited. Advanced registration required.

Because Kids Are Worth It!

Groups for children 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

North Toronto Office, 6:00 to 7:00 PM

Thursdays, January 10th to March 14th or
Thursdays, April 18th to June 20th

Older School Age Group

North Toronto Office, 7:00 to 8:00 PM

Thursdays, January 10th to March 14th or
Thursdays, April 18th to June 20th

Pre-Teen Group

North Toronto Office, 5:00 to 6:00 PM

Tuesdays, January 8th to March 12 or
Tuesdays April 16th to June 18th

NEW BEGINNINGS

In partnership with the Archdiocese of Toronto, Catholic Family Services of Toronto offers the New Beginnings program which is a ministry dedicated to helping those suffering a loss through separation, divorce or death. We provide inspirational talks, day retreats and assist parish peer support groups through training and resources.

Please call 416 921-1163 for more information.

If you require more copies of this Calendar of Activities, in either hard or soft copy, please contact us at (416) 921-1163 or e-mail us at info@cfstoronto.com

CATHOLIC FAMILY SERVICES OF TORONTO

Central Toronto Office

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Suite 101

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(At the Summerhill Subway Stn.)
Tel: (416) 921-1163

North Toronto Office

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(East of Fairview Mall)
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Catholic Family Services of Toronto

We are fully accredited as a family service agency by The Canadian Centre for Accreditation. Our staff are trained professionals in the areas of individual, couple and family counselling, psychotherapy, wellness and marriage preparation 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.

FEE SUBSIDIES AVAILABLE



Catholic Family Services of Toronto is a Catholic Charities Member Supported by ShareLife.