

Catholic Family Services of Toronto

CALENDAR OF ACTIVITIES — JULY TO DECEMBER 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. This group is meant to provide participants with skills and knowledge that will assist them in the process of reaching healthy levels of confidence. \$300 10 sessions

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

Fall Dates: TBA

Note: Screening interview required.

Demystifying Anger

A group where women will be given the opportunity to learn to deal with their anger in a positive, healthy fashion. \$360 12 sessions

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

Mondays, September 9th to December 2nd

Note: Screening interview required.

GROUPS FOR MEN

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, October 1st to December 3rd

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

Thursdays, September 12th to October 31st

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.

North Toronto Office 6:30 to 8:30 PM

\$300 for 10 sessions.

Tuesdays, September 10th to November 12th

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

In addition, counselling is available for men who have experienced abuse.

SPECIAL EVENT

The 10th Annual Mass to End Woman Abuse

There will be a special Mass dedicated to ending abuse toward women on Thursday, October 10th, 2019 at 7:00 p.m. at

St. Roch's Catholic Church,
2889 Islington Avenue, North York, ON

Dedicated to Ending the Cycle of Violence

Call (416) 921-1163/Email info@cfstoronto.com for more information

BENEFIT CONCERT

TO END ABUSE TO WOMEN AND GIRLS

November 6, 2019, 6:00 to 11:00 PM

Lula Lounge, 1585 Dundas Street West, Toronto

Call (416) 921-1163/Email info@cfstoronto.com for more information

CATHOLIC FAMILY SERVICES OF TORONTO

Central Toronto Office

1155 Yonge Street
Suite 101
Toronto, ON M4T 1W2
(At the Summerhill Subway Stn.)
Tel: (416) 921-1163

North Toronto Office

245 Fairview Mall Drive
Suite 201
Toronto, ON M2J 4T1
(East of Fairview Mall)
Tel: (416) 222-0048

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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. 8 - 10 week program
Wednesday morning sessions in the Fall.
\$30 per session (subsidies available)

Here To Help

These groups are for women and their children who have been exposed to intimate partner abuse. Children 4 - 16 years are placed in age appropriate groups. Mothers meet separately. This is an ongoing joint project of the North York Violence Against Women agencies. Fall Sessions. No fee. 10 sessions per group.

Managing Emotions Thoughtfully

This 8-week psycho-educational group is being offered to women who identify themselves as trauma survivors who want to improve their skills in being aware of and managing their emotions so they can stay connected in the present moment.

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 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. 6 sessions - \$180.00

Central Office 5:30 to 7:30 PM

Thursdays, July 25th to August 29th

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.

North Toronto Office

Young School Age Group, 6:00 to 7:00 PM

Older School Age Group, 7:00 to 8:00 PM

Pre-Teen Group, 5:00 to 6:00 PM

Dates TBA

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

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, 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 agency supported by ShareLife.