

# Catholic Family Services of Toronto

CALENDAR OF ACTIVITIES – JANUARY TO JUNE 2020

## 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 30th to April 2nd  
Thursdays, May 7th to June 25th

### *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, March 16th to June 15th

*Note: Screening interview required.*

## 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 4th to April 7th or  
Tuesdays, May 5th to July 7th

*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 Location

8 sessions, 6:30 to 8:30 PM No Fee

Dates and Times TBA

*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, January 28th to March 31st or

Tuesdays, April 28 to July 7th (no session on June 30th)

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

## 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](mailto:info@cfstoronto.com)

## 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

[www.cfstoronto.com](http://www.cfstoronto.com) [info@cfstoronto.com](mailto:info@cfstoronto.com)

## 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 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, 6:00-8:00 PM

Thursdays, January 30th - March 5th

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 9th to March 12th or

Thursdays, April 23rd to June 25th

### **Older School Age Group**

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

Thursdays, January 9th to March 12th or

Thursdays, April 23rd to June 25th

### **Pre-Teen Group**

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

Tuesdays, January 7th to March 10th or

Tuesdays April 21st to June 23rd

## 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.**