

Groups at CFS Toronto

Fall 2026

Groups (listed below alphabetically) at CFS Toronto help promote and strengthen healthy families, seniors, marriages and individuals. We are also committed to helping stop family violence.

For most groups, applicants are required to have a screening interview. It is recommended that they have their own individual counsellor for additional support. **Dates and Times may change. Subsidies may be available upon request.**

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

Because Kids Are Worth It! Children's Counselling & Support Group

- Helps kids with family separation, loss & grief in a safe, supportive, structured environment.
 - **Scheduling:** Wednesdays, September 30th to November 4th | Ages 6–8: 4:30–5:30 pm | Ages 9–12: 6:30–7:30 pm | Online | \$120 for 6 sessions, due before start date. No refunds for missed sessions.
 - **Contact:** Mina Hur, Registered Psychotherapist (Qualifying), mhur@cfstoronto.com or 647-560-4686

Break and Breathe Seniors Support Group

- Helps caregivers of middle-aged & older adults gain knowledge, learn skills, develop coping strategies, and provides support and resources in a safe, non-judgmental environment.
 - **Scheduling:** Thursdays, September 17th to October 22nd | 7:00 pm - 8:30 pm | Online | Free
 - **Contact:** Yan Yan Woo MSW, RSW at ywoo@cfstoronto.com or 416-921-1163 ext. 2249

Choosing to Change Men's Counselling Group

- A dynamic program designed for men who are determined to break free from unhelpful cycles of harmful and unsafe behaviors and create a healthier path forward.
 - **Scheduling:** Thursdays, beginning September 10th | 6:30pm - 8:30 pm | Online | Fees charged on a sliding scale and based on income
 - **Contact:** Telephone referrals are received by the Intake Worker at: (416) 921-1163

Living Loss Seniors Support Group

- An expressive arts based group for older people who are experiencing loss – this includes trauma as a loss of the self as a result of the traumatic event.
 - **Scheduling:** Mondays, October 26th to November 30th | 1:00 - 3:00 pm | Online | Free
 - **Contact:** Kelly Thorarinson (Registered Social Worker/Counsellor), kthorari@cfstoronto.com, or 416 921-1163 x. 2250

Navigating Emotions Thoughtfully Women's Psycho-educational Group

- For women who have experienced some type of traumatic event(s) in their life. Skills to help identify and tolerate emotions so women can stay in the present are taught.
 - **Scheduling:** Thursdays, September 17th to November 12th | 10:00 a.m. - 12:00 noon | In-Person | \$30 per session
 - **Contact:** Rochelle Monas, MSW, RSW, 416-222-0048 ex. 225

Parenting with Intention Parents Education Group

- A space for parents/caregivers who want to move beyond simply reacting and start parenting with greater awareness, confidence, and connection.
 - **Scheduling:** Fridays, October 9th to November 13th | 12 noon - 2pm | Online | \$30 per session
 - **Contact:** Andrea Jaramillo MSW, RSW, ajaramillo@cfstoronto.com, 416-921-1163 ext. 2267

R.I.S.E. Women's Psycho-educational & Support Group

- A drop-in group for survivors of domestic abuse seeking to rebuild a strong, internally rooted sense of self-worth.
 - **Scheduling:** Tuesdays, September 8th - 29th / October 13th - November 3rd / November 17th - December 8th | Time: 12:00 noon - 1:30 pm | Online
 - **Contact:** Audrey Taylor, BSW, M.Ed at ATaylor@cfstoronto.com or 416-222-0048 ext. 248

Understanding Abuse Women's Psycho-educational & Support Group

- For women who have experienced any type of domestic abuse from a male partner (verbal, emotional/psychological, financial, physical, sexual and/or spiritual abuse).
 - **Scheduling:** Wednesdays, October 7th to December 9th | 10 am - 12 pm | Online | \$30 per session
 - **Contact:** Angie Slingerland, MSW, RSW, (416) 222-0048 ext. 226, aslinger@cfstoronto.com

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