

Tri-City Women's Resource Society

Winter 2010 Groups

~ For more information or to register call: 604 941 7111 ~

Counselling Groups for Women

**ALL GROUPS &
WORKSHOPS ARE FREE**

Creating Your Future

Wednesdays 6:00 to 8:00. January 20 To February 24 (6 weeks)

This group will offer the opportunity to explore personal visions and goals through the use of simple art activities, writing and group sharing. This group is for women who have been impacted by abuse.

Healthy Relationships Group

Wednesdays 6:00 to 8:00. April 14 to June 16 (10 weeks)

A group for women who want to learn more about themselves and the relationships in their lives. Topics will cover understanding the impacts of abuse, communication skills, conflict resolution skills, self esteem, boundaries, stress management skills, developing relationships with yourself and others and understanding your relationship patterns. This group is for women who have been impacted by abuse.

Art Therapy Group

Thursdays from 6:00 to 8:00. January 14 (8 weeks)

This group is for women who have experienced abuse. No art experience is necessary, however, previous counselling is required. Participants will have the opportunity to express themselves through simple art materials and group process.

Binge Eating Support Group

Ongoing intake for 10 session groups

Group for women who feel they need help dealing with binge eating. The facilitator helps participants explore issues in their lives that may be contributing to their eating. These sessions are open for women over the age of 19 who experience anxiety when trying to control their eating, and require a pre-screening interview to join the 10 week sessions. Clients who need help with other eating patterns, such as bulimia, are better served by other resources specific to their needs.

Counselling Groups for Children & Youth

Lion Tamers: Anger Management for Children (Grades 1 - 3)

Tuesdays 4:00 - 5:30. January 12 - March 2 (8 weeks)

Art Counselling Group for children who have witnessed physical, emotional or verbal abuse and need support learning healthy ways to express their anger.

Lion Tamers: Anger Management for Children (Grades 3 - 5)

Wednesdays 4:00 - 5:30. January 13 - March 3 (8 weeks)

Art Counselling Group for children who have witnessed physical, emotional or verbal abuse and need support learning healthy ways to express their anger.

For Kids Sake: Children of Separation/Divorce Groups (6 - 12 years)

Mondays/Tuesdays 4:00 - 5:30 (8 weeks) ongoing registration

A parent's divorce or separation can be a confusing and scary time for children. Children may seem depressed, act out aggressively or seem needier. Our children's groups aim to help children understand and cope with their feelings in a supportive and creative environment. Children will learn that their feelings are okay, how to cope with the changes and their feelings about those changes and share experiences with their peers.

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Parenting Groups & Workshops

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WORKSHOPS ARE FREE

Empowering Mother's Group

Thursdays 6:30 to 8:30. January 14 (8 weeks) Located at: Women's Centre 2420 Mary Hill Road Port Coquitlam

The Empowering Mother's Program, winner of the United Community Spirit Award is offering a 8 week creative parenting group starting Sept. 11 which goes through to Oct. 30. This group will cover the impact that family violence has on children, parenting styles, developmental stages, how to help children cope with their feelings, dealing with boundaries, how to discipline to make a positive difference and effective communication.

Secrets to Fatherhood: A Fathers Only Parenting Group

Mondays 6:30 to 8:30. January 11- March 1 (8 weeks)

A group for Dads who have been impacted by family conflict to learn strategies for effective parenting, learn skills to reinforce the behaviour you want and raise responsible kids. An opportunity for Dad's to learn how to uncover the best in their children.

For Kids Sake: A Separation/Divorce Parenting Workshops

Are you a parent who is going through or has gone through a separation or divorce? Learn what you can do to help reduce the impact on your child. Register for one or more of these groups offered monthly:

The Effects of Separation & Divorce on Children

You will learn common child reactions to family break-up and learn to recognize when your child may need help; how to recognize and understand your children's feelings and what is appropriate and not appropriate to share about the break up with your children

Supporting Your Child's Feelings

You will learn ways to support your child when they are sad, angry or worried; how to talk to a child about their feelings and yours and what your child needs to feel safe and supported during and after a family break-up

Effective Co-Parenting

You will learn ways to keep calm when dealing with a difficult ex-partner; develop a co-parenting plan; learn skills for effective communication and conflict resolution and understand your co-parenting style and what you can do to be a cooperative parent

I'm a Step Parent . . . Now What?

You will learn how to improve your relationship with your step child(ren) and how to reduce conflict; how to support family changes and help your child adjust to a new parent and discover your role as a step-parent in discipline, setting ground rules and more

For more information or to register for any of our groups or programs please contact us:

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Port Coquitlam

604 941 7111

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