

# SAMPLE GROUP OFFERINGS

## MINDFULNESS BASED PRACTICES TO MOVE THROUGH DEPRESSION & ANXIETY

*8 evening sessions | 6:30 - 9:00pm*

Are you tired of a busy mind dragging you into anxiety and depression? Mindfulness is the practice of paying attention to what is happening in the present moment – in the mind, body and surroundings – in a non-judgmental, genuinely curious way. Group members will learn to identify the mind states and patterns of thinking that contribute to anxiety and depression (CBT techniques). Group members will learn about ways we sometimes escape the present moment, such as thinking about the future, ruminating over the past, judging, or creating story lines around the external conditions of life. A variety of mindfulness practices will be introduced so that members can discover ways to change the patterns of thinking that contribute to distress.

## BUILDING SELF ESTEEM: FROM EXPLORATION TO EMPOWERMENT

*8 evening sessions | 6:30 - 9:00pm*

This is a psycho-educational and experiential group. Through handouts and discussions, we will explore our communication styles, our boundaries and boundary setting, our family of origin, thought stopping techniques, our inner critic and our self-image. Participants will learn and practice tools to increase self-confidence in developing and achieving personal goals.

## SHAME RESILIENCE:

*8 evening sessions | 6:30 - 9:00pm or 8 Saturday morning sessions | 9:30 am - 12:00pm*

Shame is a universal emotion that invites us to feel bad about who we are. It is associated with depression, grief, anxiety, eating disorders, addiction and violence. Shame creates feelings of fear, blame and disconnect. In this educational and interactive group, we will learn to recognize and understand shame and cultivate shame resilience. The content was developed by shame researcher and author Dr. Brené Brown. Through personal and group exercises, videos, readings and group discussion, we will explore our experiences and responses to shame. We will also learn how practicing empathy, critical awareness and connecting with others helps us stand up to shame.

## EXPLORING ANGER

*8 evening sessions | 6:30 - 9:00pm*

This group is for people who have difficulty either expressing or controlling their anger. Through experiential and educational exercises, handouts and discussions we will explore how we experience, respond to, feel about and are aware of our anger, and how it manifests itself. Group members will look at emotions that underlie, affect and suppress anger. We will examine our beliefs about what anger is and isn't. Communication skills will be practised as a means of expressing anger respectfully, and practical tools will be offered as an aid to exploring and dealing with anger.

## CREATING HAPPINESS

*8 Saturday morning sessions | 9:30 am - 12:00pm*

"Happiness" is a common goal, yet a state that is uniquely defined by each of us. This psycho-educational and supportive group will explore our definition of happiness and the cultural messages and influences we receive about it. The group combines teaching with exercises that members will work on individually and with the group as a whole. Through handouts, videos, and discussions, we will look at beliefs and common misconceptions about happiness. Participants will learn tools and techniques to create new habits that cultivate happiness.

Groups may be offered in-person (safely) or online – depending on the situation, interest and content. Fees are on a sliding scale based on family income. A \$15 deposit is required to secure your spot in the group. Registration is by phone *ONLY*. A pre-group interview is required to be accepted into the group.