

CITIZENS' COUNSELLING CENTRE

In-Person Groups-Winter 2024

941 Kings Road 250-384-9934

info@citizenscounselling.com www.citizenscounselling.com

SHAME RESILIENCE

8 MONDAY MORNINGS: Feb 26 – April 22, 10:00 a.m. - 12:30 p.m. (no group April 1)

Shame is a universal emotion associated with depression, grief, anxiety, disordered eating, addiction, and violence. In this group developed by Dr Brené Brown, we will learn to recognize and understand shame and cultivate shame resilience. Through exercises, videos, readings, and 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. *An in-person pre-group interview is required.*

EXPLORING ANGER

8 TUESDAY EVENINGS: Feb 13 – April 2, 6:30 p.m. - 9:00 p.m.

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 and respond to our anger, and how it manifests itself. Group members will look at beliefs and emotions that affect how our anger is expressed. Communication skills and practical tools will be offered as an aid to managing anger. *An in-person pre-group interview is required.*

MINDFULNESS BASED PRACTICES TO MOVE THROUGH DEPRESSION AND ANXIETY

8 WEDNESDAY EVENINGS: Feb 14 – April 3, 6:30 p.m. - 9:00 p.m.

Mindfulness is the practice of paying attention to what is happening in the moment – in a non-judgmental, curious way. Participants will learn to identify the patterns of thinking that contribute to anxiety and depression. Members will learn how we avoid the present moment by 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 participants can change the ways of thinking that contribute to distress. *An in-person pre-group interview is required.*

BUILDING SELF ESTEEM: FROM EXPLORATION TO EMPOWERMENT

8 FRIDAY MORNINGS: Feb 16 – April 12, 9:30 a.m. – 12:00 p.m. (no group March 29)

Through experiential and educational exercises, handouts, and discussions, we will explore our communication styles, our boundaries and boundary setting, thought stopping techniques, our inner critic, and our self-image. You will learn and practice tools to increase your self-confidence for developing and achieving your personal goals. *An in-person pre-group interview is required.*

TO REGISTER: Call 250-384-9934 10 am - 3 pm weekdays.

Fees are \$5.00, \$10.00, \$15.00 or \$20.00 per session and are based on family income.

A \$15 deposit is required to secure your spot in the group.

Citizens' Counselling Centre also offers individual and couples counselling.