

CITIZENS' COUNSELLING CENTRE

Psychoeducational Group Sessions-Autumn 2024

941 Kings Road 250-384-9934

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EXPLORING ANGER: IN-PERSON

8 WEDNESDAY EVENINGS: Oct. 16 – Dec 4, 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: IN-PERSON

8 FRIDAY MORNINGS: Oct. 18 – Dec. 6, 9:30 a.m. – 12:00 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 escape 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 members can change the ways of thinking that contribute to distress.

An in-person pre-group interview is required.

CRASH COURSE IN SELF-ESTEEM: IN PERSON

4 SATURDAY MORNINGS: Nov. 16 – Dec. 7, 10:00 a.m. – 12:30 p.m.

Join us for this 4-week dynamic, psychoeducational group. Through experiential exercises, handouts, and discussions, we will explore our communication styles, boundaries and boundary setting, 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 Monday to Friday.
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.