



Register for our Fall 2018 Family Coping Skills Groups and Mindfulness Training Sessions.

ST. CATHARINES

12 WEEK COPING SKILLS WORKSHOP FOR FAMILIES: Starting Wednesday January 17, 2018 from 7 – 9 PM

6 WEEK MINDFULNESS PRACTICE GROUP: Starting Wednesday January 3, 2018 for 6 weeks from 7:15 – 9:00 PM

NIAGARA FALLS

8 WEEK COPING SKILLS GROUP FOR FAMILIES, Starting Tuesday January 9, 2018 from 7 – 9 PM

Registration is required for the above groups. Locations will be provided upon registration. There is no fee to attend groups but a \$25 tax deductible donation helps us to off set our expenses.

Monthly Drop-in Group in Niagara Falls: The 3rd Thursday of every month.

Registration is not required, just show up to 4483 Queen Street, Niagara Falls at 7 – 9 PM

Call 905.894.6808 to register

Youth Transitions Skills Program

Agencies interested in learning more about our 4 session Youth Transitions Skills Training Program (ages 15-24) should contact Dan Silver at 905.641.2111. This program includes the safeTALK suicide awareness training and 3 2-hour sessions of mindfulness training and cognitive behavioural skills training. There is no cost to agencies or participants.