

Catholic Family Services of Toronto

CALENDAR OF ACTIVITIES – JANUARY TO JUNE 2012

GROUPS FOR WOMEN

The Self-Confident Woman

A group designed to help women to become aware of their own giftedness and resourcefulness and to enhance their self-esteem.

\$360 for 12 sessions.

Central Toronto Office, 6:30 to 8:30 PM

Tuesdays, January 10th to April 3rd

Tuesdays, April 10th to June 26th

Demystifying Anger

A group in which women will be given the opportunity to learn to deal with their anger in a positive, healthy fashion.

\$300 for 10 sessions and pre & post group interviews.

North Toronto Office, 6:30 to 8:30 PM

Thursdays, February 2nd to April 12th

Thursdays, April 26th to June 28th

Note: Screening interview required.

GROUPS/PROGRAMS FOR MEN

Counselling is available for men who have experienced abuse.

Choosing To Change

A 12-week counselling group for men who have been emotionally or physically abusive in their relationships with women and wish to change. Men attending the program must not have pre-adjudicated charges before the criminal court.

North Toronto Office, 6:30 to 8:30 PM

Tuesdays, January 10th to March 27th

Tuesdays, April 10th to June 26th

Note: fees individually assessed.

Being A Dad

A program to assist fathers to end their abusive behaviour and affect positive changes in their parenting skills.

Offered at Catholic Children's Aid Office Locations

8 sessions, 6:30 to 8:30 PM

Wednesdays, January 18th to March 7th

Wednesdays, April 4th to May 23rd

Please call 416 222-0048 for further details.

Men and Anger

This educational group will assist you to tune into the source of your anger, the behaviour it brings and to learn proven strategies for solving anger-specific problems.

\$300 for 10 sessions.

North Toronto Office, 9:30 to 11:30 AM

Mondays, January 23rd to March 19th (8 sessions)

North Toronto Office, 6:30 to 8:30 PM

Tuesdays, January 24th to March 27th (10 sessions)

Tuesdays April 10th to June 12th (10 sessions)

Ongoing intake, please call Carl at 416 222-0048

Note: Screening interview required.

Special Event

Mass of Comfort and Light

December 4, 2011, 5:00 p.m. at Holy Rosary Church

The Mass is a celebration of hope and community especially for those struggling with loss and loneliness.

Please call 416 921-1163 for more information.

CATHOLIC FAMILY SERVICES OF TORONTO

Central Toronto Office

1155 Yonge Street
Suite 101

Toronto, ON M4T 1W2
(At the Summerhill Subway Stn.)
Tel: (416) 921-1163

North Toronto Office

5799 Yonge Street
Suite 300

Toronto, ON M2M 3V3
(1 block North of Finch Subway Stn.)
Tel: (416) 222-0048

www.cfstoronto.com info@cfstoronto.com

GROUPS FOR ABUSED WOMEN AND THEIR CHILDREN

For More Information and to Register Call 416 222-0048

Safe To Share: Women's Support Group

An ongoing, open group for women who have experienced abuse in their relationships. No fee. Child care provided.

Understanding Abuse

A group for women who have experienced abuse in their intimate partner relationship. This group explores the impact of the abuse in a safe supportive environment.

Winter and Spring Sessions

10 week program \$10 per session

Here To Help

This group is for women and their children who have been exposed to intimate partner abuse. Groups are offered for children 4 - 16 years of age. This is an ongoing joint project of the North York Violence Against Women agencies.

Winter and Spring Sessions No fee 10 sessions per group

NEW BEGINNINGS

In partnership with the Archdiocese of Toronto, Catholic Family Services of Toronto offers New Beginnings programming.

New Beginnings is a ministry dedicated to helping widowed, separated and divorced people make a new beginning in life.

New Beginnings provides Parish Support Groups, Bereavement Groups, Mini Renewals and Retreat Weekends.

Please call James at 416 921-1163 X 2227 for more information.

GROUPS FOR FAMILIES AND INDIVIDUALS EXPERIENCING SEPARATION OR DIVORCE

Living With Separation and Divorce

A group for recently separated or divorced adults who are looking for a support group to help them cope with the difficult transition of being separated or divorced.

\$300 for 10 weeks.

Central Toronto Office, 6:30 to 8:30 PM

TBA

Because Kids Are Worth It!

Groups for children, youth and pre-teens dealing with issues of family break-up, loss and grief. Concerns are handled in a safe and accepting environment.

\$300 for 10 sessions.

Please note that screening will be done prior to commencement.

Young School Age Group (YSAG)

North Toronto Office, 6:00 to 7:00 PM

TBA

Older School Age Group (OSAG)

North Toronto Office, 7:00 to 8:00 PM

TBA

Catholic Family Services of Toronto

is fully accredited as a family service agency by Family Service Ontario. Our staff are trained professionals in the areas of individual, couple and family counselling, marriage preparation and wellness services. We are committed to helping individuals, couples and families to strengthen relationships. Our response is always to the human need. We welcome people from all ethnic, cultural and religious backgrounds.

FEE SUBSIDIES AVAILABLE ON REQUEST

