



DAY GROUP

Understanding Me

Course Topic Schedule

October - December 2010

Date	Time	Topic
Oct. 7	1:00 - 3:00 p.m.	Types of Abuse: Why Abuse Happens
Oct. 14	1:00 - 3:00 p.m.	Families We Grew Up In
Oct. 21	1:00 - 3:00 p.m.	Anger - Part 1
Oct. 28	1:00 - 3:00 p.m.	Anger - Part 2
Nov. 4	1:00 - 3:00 p.m.	Guilt and Shame
Nov. 11	1:00 - 3:00 p.m.	Healthy Boundaries
Nov. 18	1:00 - 3:00 p.m.	Impact on Children & Helping Them Heal
Nov. 25	1:00 - 3:00 p.m.	Healthy Relationships
Dec. 2	1:00 - 3:00 p.m.	Red Flags: Things to Look Out For
Dec. 9	1:00 - 3:00 p.m.	Self Esteem and Self Respect

*Sponsored by the
Ministry of Community
and Social Services*

*Call Intake Department for more
information at 519-743-6333.*



There is no fee for this group. Hand out packages will be provided each week only for those attending the sessions. Sessions missed may be attended during the following group session.

Out of respect for other people's health, please avoid wearing perfume or products with strong scents.

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