

July and August
2010

Children's *Summer* Groups

Adventure Club

For children ages 6 - 8 years.

Adventure Club helps children begin to:

- ☺ identify their strengths
- ☺ engage in positive thinking
- ☺ assume responsibility for their choices and actions
- ☺ develop appropriate coping strategies
- ☺ build a support network
- ☺ reduce feelings of isolation
- ☺ learn healthy ways of expressing their feelings

Morning Group: 9:00 - 11:30 a.m.

Leader In Me

For children ages 9 - 12 years.

Leader In Me enhances leadership skills in children. The goals of the program are to strengthen:

- ☺ social skills
- ☺ coping strategies
- ☺ problem-solving skills
- ☺ communication skills with peers and adults

Afternoon Group: 1 - 3:30 p.m.

Location & Dates: Mosaic Counselling and Family Services / July 6, 7, 8, 9, 12, 13, 14, 15
Erb West Neighbourhood Association / July 20, 21, 22, 23, 26, 27, 28, 29
Paulander Neighbourhood Association / August 3, 4, 5, 6, 9, 10, 11, 12

Teen Girls' *Summer* Group

July 2010

Best Years of Our Lives...Whatever

This group for girls, ages 14 - 17, enhances self-esteem, and addresses body image, communication and relationships. Afternoon Group: 2 - 4 p.m.

Location & Dates: Mosaic Counselling and Family Services / July 19, 20, 21, 22, 26, 27, 28, 29

For more information call:
519-743-6333

MOSAIC
counselling + family services

Fees: \$200 on
a sliding scale,
based on the
ability to pay.