

Fall 2010 Group Programs

Mosaic Counselling and Family Services

Children & Teen Groups

Adventure Club (Ages 6 - 8)	October 19 - December 7	Tuesdays	4:30 - 6:00 p.m.
Children learn healthy ways to express thoughts and feelings, to identify their strengths, to engage in positive thinking and to assume responsibility for their choices and actions.			
Leader In Me (Ages 9 - 12 yrs)	October 19 - December 7	Tuesdays	6:30 - 8:00 p.m.
Enhances leadership attributes and strengthens social, problem-solving & communication skills.			
Girl Power (for girls in Grades 7 & 8)	October 13 - December 1	Wednesdays	6:00 - 7:30 p.m.
Creates a safe, caring and friendly "girl community" where girls explore topics such as healthy body image, problem-solving and communication skills, positive relationships and peer power.			
Changing Families	October 20 - December 8	Wednesdays	4:30 - 5:30 pm (6 - 8 yrs) 6:00 - 7:30 pm (9 - 12 yrs)
Addresses issues children confront when separation and divorce occur in their families.			

Adult Groups

Finding the Calm in the Storm	Sept. 23 - November 25	Thursdays	6:30 - 8:30 p.m.
Provides skills & techniques to help gain control over symptoms of worry, anxiety and panic attacks.			
Ten Days to Self-Esteem	Sept. 20 - November 29	Mondays	6:30 - 8:30 p.m.
Helps participants learn how to defeat depression & to develop self-esteem, productivity and the joy in daily living.			
Moving On	Sept. 20 - November 15	Mondays	6:30 - 8:30 p.m.
Designed to make a crisis, such as separation and ending of a love relationship, a creative experience. The goal is not only to help people adjust, but to help them transform and take charge of their lives.			
Moving Toward Healthy Relationships	October 7 - December 9	Thursdays	6:30 - 8:30 p.m.
This group for women who have experienced emotional or physical abuse focuses on safety, building of self-esteem, ending the cycle of violence and learning how to be healthy in relationships. No fee.			
Understanding Me	Evening Group	Sept. 14 - November 16	Tuesdays 6:30 - 8:30 p.m.
	Day Group	October 7 - December 9	Thursdays 1:00 - 3:00 p.m.
Provides education & support for women who have experienced emotional or physical assault within their intimate relationships. No fee.			
Weaving Our Voices	Sept. 20 - Nov. 15 (no group Oct. 11)	Mondays	1:00 - 3:00 p.m.
Helps women deal with the issue of childhood sexual abuse, and assists participants in reducing feelings of isolation, developing advanced coping skills and increasing self-esteem. Open Group. No fee; registration required.			
Anger Management Group for Men	Sept. 22 - November 10	Wednesdays	6:30 - 9:00 p.m.
A learning opportunity for men who have difficulty expressing or managing angry & aggressive feelings.			
United Families	Sept. 29 - November 17	Wednesdays	6:30 - 9:00 p.m.
Helping immigrant families address the challenges of adapting to a new home.			
Money Life Workshop	Weekly	Wednesdays	6:00 - 7:00 p.m.
An introduction to services provided by Mosaic's Credit Counselling program including budgeting, mediation with creditors and debt management program. Resource material available. No fee. Pre-registration required.			



counselling + family services

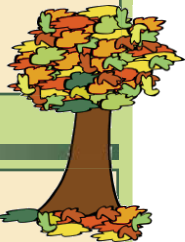
400 Queen St. S., Kitchener
 519-743-6333
www.mosaiconline.ca
info@mosaiconline.ca

Mosaic & Muslim Social Services

Muslim Social Services Mothers & Children's Group

Thursdays, 5:30 - 8:30 pm at Mosaic
 Focuses on new Canadian refugee moms and their children, ages 6 - 10. For mom: sessions of self care, mental health, anger management and parenting in Canada. For children: crafts, games and story time geared to their new life in Canada.

Call Idrisa at 519-722-0124 or
idrissapandit@muslimsocialserviceskw.org



Mosaic & Our Place

Stork Secrets - located at Our Place

Mondays 9:30 - 11:30 am; Open Group
 Post-partum adjustment and recovery group. Free infant and sibling programs available during the group. Call Jennifer Jordan at 519-571-1626, x26 for dates and information. No Fee.

Our Place Family Resource & Early Years Centre,
 154 Gatewood Rd., St. Francis School, Kitchener

To register for or to obtain more information on any group program, please call Mosaic at 519-743-6333.

Unless otherwise indicated, group programs are based on a sliding fee scale. Course material charges may apply to some groups.



THE RECORD

