

Fall 2010 Group Programs

Children & Teen Groups

Adventure Club (Ages 6 - 8) 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.	October 19 - December 7	Tuesdays	4:30 - 6:00 p.m.
Leader In Me (Ages 9 - 12 yrs) Enhances leadership attributes and strengthens social, problem-solving & communication skills.	October 19 - December 7	Tuesdays	6:30 - 8:00 p.m.
Girl Power (for girls in Grades 7 & 8) 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.	October 13 - December 1	Wednesdays	4:30 - 6:00 p.m.
Changing Families Addresses issues children confront when separation and divorce occur in their families.	October 20 - December 8	Wednesdays	4:30 - 5:30 pm (6 - 8 yrs) 6:00 - 7:30 pm (9 - 12 yrs)

Adult Groups

Finding the Calm in the Storm Provides skills & techniques to help gain control over symptoms of worry, anxiety and panic attacks.	Sept. 23 - November 25	Thursdays	6:30 - 8:30 p.m.
Ten Days to Self-Esteem Helps participants learn how to defeat depression & to develop self-esteem, productivity and the joy in daily living.	Sept. 20 - November 29	Mondays	6:30 - 8:30 p.m.
Moving On 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.	Sept. 20 - November 15	Mondays	6:30 - 8:30 p.m.
Moving Toward Healthy Relationships 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.	October 7 - December 9	Thursdays	6:30 - 8:30 p.m.
Understanding Me Provides education & support for women who have experienced emotional or physical assault within their intimate relationships. No fee.	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.
Weaving Our Voices 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.	Dates to be determined		
Anger Management Group for Men A learning opportunity for men who have difficulty expressing or managing angry & aggressive feelings.	Sept. 22 - November 10	Wednesdays	6:30 - 9:00 p.m.
United Families Helping immigrant families address the challenges of adapting to a new home.	Sept. 29 - November 17	Wednesdays	6:30 - 9:00 p.m.
Money Life Workshop 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.	Weekly	Wednesdays	6:00 - 7:00 p.m.



counselling + family services

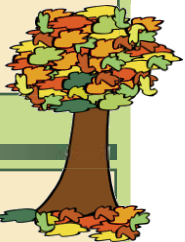
400 Queen St. S., Kitchener
519-743-6333
www.mosaiconline.ca
info@mosaiconline.ca

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



United Way
SERVING KITCHENER-WATERLOO
And the Township of Wellington North and Westmount
MEMBER AGENCY

