

CITIZENS' COUNSELLING CENTRE

GROUP SESSIONS – Winter 2010

941 Kings Road

250-384-9934

info@citizenscounselling.com • www.citizenscounselling.com

BUILDING SELF ESTEEM

8 MONDAY EVENINGS **February 8 – March 29** **6:30 pm – 9:00 pm**

This self-esteem group will focus on education/information and will be experiential in style rather than "therapy." Some of the topics explored will be communication, boundaries, family of origin, thoughts, inner critic and self-image. Group members will learn tools to increase confidence for achieving personal goals.

A pre-group interview is required.

EXPLORING ANGER

8 TUESDAY EVENINGS **February 9 – March 30** **6:30 pm – 9:00 pm**

This group is for people who have difficulty either expressing or controlling their anger. Through experiential and educational exercises, handouts and discussions we will explore how we experience, respond to, feel about and are aware of our anger, and how it manifests itself. Group members will look at associated emotions that underlie, affect and suppress our anger. We will examine our beliefs about what anger is and isn't. Communication skills will be practised as a means of expressing anger respectfully, and practical tools will be offered as an aid to exploring and dealing with our anger. **A pre-group interview is required.**

MINDFULNESS BASED COGNITIVE THERAPY FOR ANXIETY & DEPRESSION

8 WEDNESDAY EVENINGS **February 10 – March 31** **6:00 pm – 8:30 pm**

Are you tired of your busy mind dragging you into anxiety and depression? Mindfulness is the practice of paying attention to what is happening in the present moment - in the mind, body and surroundings - in a non-judgmental, genuinely curious way. Group members will learn to identify the mind states and patterns of thinking that contribute to their anxiety and depression. Group members will learn about ways we sometimes escape the present moment, such as thinking about the future, ruminating over the past, judging, or creating story lines around the external conditions of life. A variety of mindfulness techniques will be introduced so that members can discover ways of quieting their minds and changing the patterns of thinking that contribute to their personal distress. **A pre-group interview is required.**

MOVING BEYOND STRESS, ANXIETY AND DEPRESSION

8 THURSDAY EVENINGS **February 11 – April 1** **6:30 – 9:00 pm**

Are you living the life you want? Do you feel stressed, anxious, depressed? If you believe you are too stressed to think clearly, too depressed to attempt changes, are going through a big life transition or have some lifestyle habits you would like to alter, this group will guide you to create positive changes. Learn skills and techniques that have been found to be helpful with a wide variety of concerns and learn to apply these ideas in your own life. **A pre-group interview is required**

Space is limited. Fees are on a sliding scale. A commitment to attend all group sessions is requested. Citizens' Counselling Centre also offers individual and couples counselling.