

YWCA Edmonton Counselling Services presents:

TOWARDS WELLNESS

LEARNING THE SKILLS TO SUPPORT YOURSELF
WITH CONFIDENCE AND COMPASSION

LOOKING FOR A HEAD START?

Towards Wellness is a weekly drop in group provided over the course of eight weeks focused on teaching clients basic skills to cope with stress and life issues while they are waiting to be paired with their individual counsellor. Each week, the group will focus on a different topic and skill for managing life's challenges.



The group facilitators will provide handouts on the topic or skill and help clients understand how to cope better in their lives. Clients will be invited to share their experiences related to the specific topic and practice new skills within each session. Clients are invited and encouraged to attend all sessions, but may also pick and choose which ones most fit their needs.

DETAILS

Start Date: October 1, 2019

Time Frame: 8 weekly sessions, 1:00pm-2:30pm

Location: YWCA Edmonton | #400, 10080 Jasper Ave

Cost: Pay What You Can

HOW TO SIGN UP

Please email a.sweet@ywcaedm.org or call **780-970-6501** at least a week before session to register. You must reserve your spot for **EACH** session you wish to attend. Missing **two** registered sessions will result in being unable to register for further sessions.

SESSION TOPICS

October 1: Basic Coping Mechanisms 101 & Active Listening Skills

October 8: Learning All About Emotions

October 15: Emotional Regulation - Taming the Rollercoaster

October 29: Moving on from Self-Criticism

November 5: Developing Self-Compassion

November 12: Learning to Say No: All About Boundaries

November 19: Am I Good Enough? Looking at Self-Esteem

November 26: What do I Want? Exploring Values versus Goals

***NOTE: This is NOT a talk-therapy group. This is a psychoeducational group to learn skills.

This group is not appropriate for clients who are in a crisis situation (ie: active suicide risk or high domestic violence risk).

YWCA | EDMONTON