

## Family Service Thames Valley 2010-11 FALL - WINTER GROUP SCHEDULE

To access group counselling, please contact Family Service Thames Valley at 519-433-0183 or visit our website at [www.familyservicethamesvalley.com](http://www.familyservicethamesvalley.com)

Blues Busters: Depressive Symptom Management Group	Men & Women who have suffered at least one depressive episode.	Tuesday 6:30 - 8:30 pm <b>Start Date: Feb. 2011</b>	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 10 week group</li> </ul>
Couples Communication Group	Men & Women who are in a committed relationship.	Wednesdays 7:00 - 9:00 pm <b>Start Date: Sept. 2010</b>	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 6 week group</li> <li>• Follow-up meeting one month later</li> <li>•</li> </ul>
"Men Moving Towards Healing"	A therapy group for adult male survivors of child sexual abuse. Men are encouraged to participate in more than one twelve-week group.	Wednesdays 6:45 - 8:45 pm <b>Start Date: Sept. 2010</b>	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 12 week group</li> </ul>
Panic & Anxiety Management Group for Women	For women who can benefit from support and symptom management.	Mondays 1:00 - 3:00 pm <b>Start Date: Sept. 2010</b>	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 10 week group</li> </ul>
Rebuilding After Separation & Divorce	Men & Women who have been separated from partner for at least 6 months.	Mondays 6:00 – 8:30 pm <b>Start Date: Sept. 2010</b>	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 10 week group</li> </ul>
Stress and Anxiety Management Group for Men	For men who are searching for effective ways to manage stress and anxiety.	Mondays 6:30 - 8:30 pm <b>Start Date: Sept. 2010</b>	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 10 week group</li> </ul>
When War Follows Us	For men & women who have either experienced war directly or who have relatives who have gone through war.	Mondays 6:30 – 8:30 pm <b>Start Date: Ongoing</b>	<ul style="list-style-type: none"> <li>• 6 week group</li> </ul>