

**Family Service Thames Valley  
2008-09 Fall/Winter/Spring  
GROUP SCHEDULE**

<b>Panic &amp; Anxiety Management Group for Women</b> – <i>Family Service Thames Valley</i>	For women who can benefit from support and symptom management	<b>Fall:</b> Sept 29 – Dec 8/08 <b>Winter:</b> March 2 – May 11/09 Mondays 1-3pm	Family Service Thames Valley 433-0183 Call: Intake Worker Fac. Susan Burnett	\$250 full cost Subsidy available on Sliding fee scale	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 10 weeks</li> </ul>
<b>“Men Moving Towards Healing”</b> – <i>Family Service Thames Valley</i>	A therapy group for adult male survivors of child sexual abuse	<b>Fall 2008</b> Sept. 17 – Dec 10/08  <b>Winter 2009 TBA</b> <b>Spring 2009 TBA</b>  Wednesdays 6:30 to 8:30pm	Family Service Thames Valley 433-0183 Call: Brian Houf at ext 7126 Fac. Brian Houf & John Field	No fee	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• Series of 3 12-week groups</li> <li>• Men are encouraged to participate in more than one twelve-week group</li> <li>• Men can enter at various points during the year</li> </ul>
<b>Men’s Self Awareness</b> – <i>Family Service Thames Valley</i>	For men - self esteem, communication, relationships, assertiveness, socialization, feelings	<b>Fall: TBA</b> Oct. 2 – Dec. 4/08 Thursdays 6:30 to 8:30 pm	Family Service Thames Valley 433-0183 Call: Intake Worker Fac. Jack Lounsbury	\$250 full cost Subsidy available on Sliding Fee	<ul style="list-style-type: none"> <li>• 10 week group</li> </ul>
<b>Stress and Anxiety Management Group for Men</b> <i>Family Service Thames Valley</i>	For men who are searching for effective ways to manage stress and anxiety	<b>Fall:</b> Sept 22 – Dec 1/08 <b>Winter:</b> March 2 – May 11/09 Mondays 6:30 to 8:30pm	Family Service Thames Valley 433-0183 Call: Intake Worker Fac. Susan Burnett	\$250 full cost Subsidy available on Sliding Fee Scale	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 10 week group</li> </ul>
<b>Trager Mentastics for Emotional and Physical Well-being</b> <i>Family Service Thames Valley</i>	Women and men can learn to relax through gentle movement and increased self awareness	<b>Fall:</b> Sept 23 to Nov.18/08 Tuesdays 4:30 to 5:30pm	Family Service Thames Valley 433-0183 ext.7209 Adela Gorodzinsky	Sliding fee \$40 - \$120	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 8 week group</li> <li>• Maximum 12 participants</li> <li>• \$40 to \$120 per 8wk grp.</li> </ul>
<b>Blues Busters: Depressive Symptom Management Group</b> – <i>Family Service Thames Valley</i>	Men & Women who have suffered at least one depressive episode	<b>Winter:</b> TBA	Family Service Thames Valley 433-0183 Call: Intake Worker	\$250 full cost Subsidy available on Sliding fee scale	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 10 week group</li> </ul>

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<b>Women and Anger –</b> <i>Family Service Thames Valley</i>	Women 25 years+ who want to understand feelings of anger & frustration and to respond to them in safe and effective ways	<b>Winter:</b> Feb 3 – March 24/09  Tuesdays 6:00 to 8:00pm	Family Service Thames Valley 433-0183 ext. 7135 Margaret Zaczek	\$200 full cost Subsidy available on sliding fee scale	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 8 week group</li> </ul>
<b>Young Women and Anger –</b> <i>Family Service Thames Valley</i>	Women between 18 and 24 years of age who want to understand feelings of anger & frustration and to respond to them in safe and effective ways	<b>Fall:</b> Oct 21 – Dec 9/08  Tuesdays 6:00 to 8:00pm	Family Service Thames Valley 433-0183 ext. 7135 Margaret Zaczek	\$200 full cost Subsidy available on sliding fee scale	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 8 week group</li> </ul>
<b>Rebuilding After Separation &amp; Divorce</b> <i>Family Service Thames Valley</i>	Men & Women who have been separated from partner for at least 6 months	<b>Fall:</b> Sept 15 – Nov. 24 <b>Winter: TBA</b> Mondays 6:00 to 8:30 pm	Family Service Thames Valley 433-0183 Call: Intake Worker Fac. Joanne Maddeford & Carole McInnes	\$250 full cost Subsidy available on Sliding fee scale	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 10 week group</li> </ul>
<b>Couples Communication Group –</b> <i>Family Service Thames Valley</i>	Men & Women who are in a committed relationship	<b>Winter:</b> March 25–April 29/09 f/u mtg May 27/09 Wednesdays 7:00 to 9:00pm	Family Service Thames Valley 433-0183 Call: Intake Worker Fac. Irv Augustine	Sliding Fee \$35 - \$175 For 7 session grp	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 6 week closed group</li> <li>• Follow-up meeting one month later</li> </ul>
<b>Spanish Couples Communication Group</b> <i>Family Service Thames Valley</i>	Spanish speaking men a & women who are in a committed relationship	<b>Fall:</b> Oct. 1 – Nov 5/08 f/u mtg Dec 3/08 Wednesdays 7:00 to 9:00pm	Family Service Thames Valley Call: Adela Gordozinsky or Irv Augustine 433-0183 ext. 7215	Sliding Fee \$35 - \$175 For 7 session grp	<ul style="list-style-type: none"> <li>• Screening interview required.</li> <li>• 6 week closed group</li> <li>• Follow-up meeting one month later</li> </ul>
<b>Expressive Arts Therapy for trauma survivors (women)</b> <i>Family Service Thames Valley</i>	For women who are survivors of childhood or adult trauma who have completed some individual therapy	<b>Winter:</b> Jan 20 – April 7/09 Tuesdays 1:00 to 3:00 pm	Family Service Thames Valley 433-0183 ext 7137 Mary Lou Jones	\$300 full cost Subsidy available on sliding fee scale	<ul style="list-style-type: none"> <li>• Screening interview required</li> <li>• 12 week group</li> </ul>