



YWCA Edmonton Counselling Services Presents:

Living in the Here and Now

Description:

This group is intended for people who have left a relationship and are struggling with identifying who they are and what's important to them. Acceptance and Commitment Therapy focuses on learning to accept what is out of our personal control, while identifying and committing to actions that aim to improve our quality of life by connecting to our personal values. Participants will learn how to apply mindfulness to their daily routines, will explore their values and identify healthy ways to connect to them, and will be taught different ways to relate to their self-talk. Through the use of mindfulness and other activities, participants will deepen their understanding of their values and create plans on how to live authentically in the here and now. This is a psycho-educational group where topics are taught and practiced during the group. This group seeks to provide a safe environment for all participants.

Requirements: In order to participate in this group participants must: 1) Have recently left a relationship, 2) Be able to commit to attend all 8 sessions; 3) Be willing to actively participate in all exercises, as this group is highly interactive; 4) Commit to being a respectful group member; 4) Understand that there is zero tolerance for active use of drugs or alcohol.

Additional Information:

Start Date/End Date: January-March

Time Frame: 2 months, 8 Sessions/1 session per week.

Length of each session: 2 hours

Start time: Thursdays, 3-5pm

Minimum number of participants required: 4

Maximum number of participants allowed: 8

Cost: \$480; subsidies available.

How to Sign-up:

Current clients can be referred to the group by their psychologist, and those on a waitlist can request to participate by speaking with our Service Coordinator. Clients currently on the waitlist will be contacted to schedule an intake session prior to the group commencing. The intake session will be approximately 45 minutes to an hour. The purpose of the intake session is to determine suitability of fit between yourself and

the group. If spots for the group are still available after intakes have been conducted, outside clients interested may contact our service coordinator for the appropriate intake paperwork.

If you have any further questions please call us at 780-970-6501 or email us at counselling@ywcaedm.org.