



YWCA Edmonton Counselling Services Presents:

TOWARDS BALANCE

“Women transforming their anger through understanding and compassion”

Description:

This group is intended for people who want to achieve a better understanding of where their anger comes from and how to develop tools to identify and change their relationship to anger. Participants will learn to identify anger and its root causes from within and will gain new skills to better express themselves in a healthier and more assertive manner. Exercises will include active participation in a group format. This group seeks to provide a safe environment for all participants.

Requirements: In order to participate in this group participants must: 1) Be able to commit to attend both days for the full time; 2) Be willing to actively participate in all exercises; 3) Commit to being a respectful group member; 4) Understand that there is zero tolerance for active use of drugs or alcohol.

Facilitators:

Stephanie Hawryliw (Lead Facilitator): is a Registered Psychologist who works in private practice in Fort Saskatchewan and in schools in Edmonton. She specializes in supporting clients with family violence, complex/attachment trauma, shame, difficult emotions, and relational issues. For more information on Stephanie, see her website at resilienttogethertherapy.weebly.com.

Jennifer Sutherland Lynagh (Co-Facilitator): Lynagh is dedicated to supporting people as they work to achieve their personal goals. Prior to starting her training as a psychologist she spent 10 years as a high school teacher and guidance counsellor. She has a keen interest in supporting individuals, especially youth, in the LGBTQ2+ community. Currently she is finishing her Masters in Counselling through the University of Lethbridge. When she isn't working Jennifer is parenting an energetic three year old. For fun she enjoys cooking and baking.

Additional Information:

Location: Families First – Fort Saskatchewan

Start Date/End Date: January 12 – 13, 2019

Time Frame: Saturday-Sunday

Length of each session: approx. 8 hours

Start time: 9am

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780.423.9922 | info@ywcaedm.org | www.ywcaofedmonton.org

Minimum number of participants required: 5

Maximum number of participants allowed: 8

Cost: Pro-bono

How to Sign-up:

Please contact us to get our intake package and to schedule an intake session for the group. The intake session will be approximately 45 minutes to an hour. The session will be conducted by the lead facilitator or one of our Masters in Counselling Psychology practicum students. The purpose of the intake session is to determine suitability of fit between yourself and the group.

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