



YWCA Edmonton Counselling Services Presents:

TOWARDS WELLNESS

“Women learning the skills to support themselves with confidence and compassion”

Description:

This group is intended for people who are looking to get a head start on their counselling journey in a supportive group environment. Participants will learn important skills for helping themselves, such as learning about mental wellbeing, self-compassion, self-confidence, emotional regulation, boundary setting, interpersonal skills, and self-criticism. Exercises will include active participation in a group format and will help lay the groundwork for clients who are looking to continue with individual counselling. 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 all 8 sessions; 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.

Additional Information:

Start Date/End Date: Winter 2019 (TBD)*

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

Length of each session: 2 hours

Start time: TBD*

Minimum number of participants required: 5

Maximum number of participants allowed: 8

Cost: \$480; subsidies available.

*Start dates and time will be based on needs of participants.

How to Sign-up:

Priority for group sign-ups will be given to clients currently on the waitlist for individual counselling at YWCA Edmonton Counselling Services. Clients currently on the waitlist will be contacted to schedule an intake session. 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.