Register for fall programs at FTP

 Registration is now open for fall programs at Family Transition Place (FTP).

Stepping Forward will provide a blend of educational and expressive activities over 10 sessions. The group will help address key issues linked to trauma and addiction experiences, such as anxiety, sexuality/touch, self-harm, depression, anger, physical complaints and ailments, sleep difficulty, relationship challenges and spiritual disconnection. There will be a focus on the body's response to traumatic stress along with what is known about the effects of trauma on the mind and the spirit. Stepping Forward will also introduce women to new ideas about self-care, self-soothing and self-expression.

Childcare available for children aged four and younger.

The program will run Tuesdays, from Sept. 24 to Nov. 26, from 1:30 to 3 p.m. at Family Transition Place, 20 Bredin Pkwy., Orangeville.

Registration will be on a first-come, first served basis. This group is for women only. Register by calling Family Transition Place at 519-941-4357 or 905-584-4357.

Emotional Wellness is a three-session group designed to help in learning the difference between positive and problematic emotions, increasing self awareness about these emotions and, through individual and group activities, help understand how to best manage these emotions. Past participants have found this group to be helpful in several ways, including providing great options for dealing with anxiety and anger; a relaxing atmosphere for learning emotional regulation techniques; effective stress management methods; opportunities to interact with other people dealing with similar problems; and techniques that can be used every day.

The sessions take place Tuesdays, from Sept. 24 to Oct. 8, from 6:30 to 8:30 p.m. The location is to be announced.

Registration is on a first-come, first served basis. This group is for women and men. Register by calling the Dufferin Parent Support Network at 519-940-8678.

Both programs are expected to fill up soon, so call quickly to book a space.