

Registration open for winter Mothers in Mind

Mothers in Mind is a 10-week group designed for mothers who have experienced a traumatic event or unhealthy and abusive family dynamics in their childhood or adult life and their children (four years of age and under).

Run by Family Transition Place, the program will run each week, allowing moms and their children to spend time participating in activities that are geared toward enhancing parenting skills, strengthening the parent-child relationship and learning new skills for managing the stress that can accompany parenthood.

This group will run Thursdays, from Jan, 16 to March 20 from 10 to 11:30 a.m. at Family Transition Place, 20 Bredin Parkway in Orangeville .

For more information, call 905-584-4357.