

## **Winter and Spring 2020 Programs**

### **Taking Control: Making Healthy Relationships**

Tuesdays: 1:00 – 3:00 PM (8 weeks)

Start Dates: January 14<sup>th</sup> – March 3<sup>rd</sup>, 2020

### **Stay and Play Drop-in Support Group (newborn to 3 years)**

Wednesdays: 1:00 – 3:00 PM (8 weeks)

Start Dates: January 15<sup>th</sup> – March 4<sup>th</sup>, 2020

### **Parenting Skills Workshops**

Thursdays: 1:00 – 3:00 PM (6 weeks)

Start Dates: January 30<sup>th</sup> – March 5<sup>th</sup>, 2020

### **Anger Solutions**

Tuesdays: 1:00 – 3:00 PM (8 weeks)

Start Dates: April 7<sup>th</sup> – May 26<sup>th</sup>, 2020

### **Self Esteem**

Thursdays: 1:00 – 3:00 PM (8 weeks)

Start Dates: April 9<sup>th</sup> – May 27<sup>th</sup>, 2020

Available as needed:

### **Substance Use Program and Women & Integrity Program**

**Call to register: (705) 749-6809**