

2019 Programs

Anger Solutions Tuesdays: 1:00 – 3:00 PM (8 weeks)

Start Dates: January 15th – March 5th, 2019

May 28th – July 16th, 2019

October 15th – December 3rd, 2019

Self Esteem Thursdays: 1:00 – 3:00 PM (8 weeks)

Start Dates: January 17th – March 7th, 2019

May 30th – July 18th, 2019

October 17th – December 5th, 2019

Goal Setting & Stress Management

Tuesdays: 1:00 – 3:00 PM (8 weeks)

Start Dates: March 26th – May 14th, 2019

August 13th – October 1st, 2019

Taking Control: Making Healthy Relationship Choices

Thursdays: 1:00 – 3:00 PM (8 weeks)

Start Dates: March 28th – May 9th, 2019

August 15th – October 3rd, 2019

Available as needed:

Substance Use

Women & Integrity

Healing Loss through Artistic Expression

Call to register: (705) 749-6809