



Fall 2025/Winter 2026 Counselling Workshops

Family Transition Place (FTP) offers counselling workshops designed to support individuals who have experienced trauma through abuse. These workshops are offered in Orangeville and Shelburne and are available to residents of Dufferin and Caledon.

Orangeville Workshops - FTP, 20 Bredin Parkway

Art of the Heart: Exploring Emotions and Connection (women only) – Mondays • Aug 25–Sept 22, 2025 • 12–1:30 p.m.

In this group for sexual violence survivors, we will explore the stories our hearts hold—through joy, grief, love, loss and courage—using creative expression. We'll give shape and colour to feelings that often demand to be felt but are hard to put into words.

Family Support Group - Concurrent Disorders (all genders) – Mondays • Sept 8–Nov 10, 2025 • 6–8 p.m.

Concurrent Disorders occur when an individual experiences mental health and addictions at the same time. The concurrent disorder family support group will provide you with knowledge on substance use and mental health while discussing how to support your loved one without enabling them. The group provides psychoeducation and an opportunity for support from individuals in similar situations.

Group to meet at 1 Elizabeth St, Unit L2. Please contact Alison at 519-278-6596 to register.

Meaningful Connections (women only) – Fridays • Sept 12–Oct 31, 2025 • 10:30 a.m.–12 p.m.

This group for individuals who have been impacted by abuse aims to help foster deeper relationships, form connections and explore personal growth. Each session will include group discussion, interactive activities and optional personal reflection.

A New Day (women only) – Thursdays • Oct 23–Dec 11, 2025 • 4:30–6 p.m.

Understand why the harmful effects of sexual violence don't have to last forever. Discover your courage, strength and voice in this group for women.

Caring Dads (men only) – Tuesdays • Oct 28, 2025–March 3, 2026 • 7–9 p.m.

This 17-session group will help fathers improve their relationships with their children by ending controlling, abusive and neglectful behaviours. Facilitated in partnership with Dufferin Child & Family Services.

Coping with the Holidays (women only) – Thursdays • Dec 4, 11, 18, 2025 • 10–11 a.m. OR 2–3 p.m.

This supportive 3-session group is for women who have experienced abuse and/or trauma, and may find the holiday season especially difficult. Together, we will explore self-care practices, healthy relationships and practical ways to cope with holiday-related stress. Each session will offer space for reflection, connection and optional creative activities to help nurture healing and resilience.

The Blueprint: Boundaries (women only) – Fridays • Jan 16–Feb 20, 2026 • 10–11:30 a.m.

In this group for survivors of sexual violence, we will explore the vital role that boundaries play in maintaining self-respect, protecting your well-being and fostering healthier relationships. Learning about boundaries isn't just about saying "no"—it's about understanding your needs, recognizing your limits, and giving yourself permission to prioritize your emotional and physical space.

Shelburne Workshops - Mel Lloyd Centre, 167 Centre St, Entrance A

Healing Your Inner Child (women only) – Fridays • Sept 12–Oct 24, 2025 • 11 a.m.–12:30 p.m.

This group, designed for women who have been impacted by abuse, will teach, explore and practice concepts geared towards healing your inner child. Inner child work is an approach to recognizing and healing childhood trauma by addressing unmet needs and reparenting oneself.

Surviving Abuse (women only) – Tuesdays • Sept 23–Nov 11, 2025 • 10:30 a.m.–12 p.m.

Join us in a 9-week domestic violence educational class and support group for those who have, or are currently, experiencing domestic violence. Self-referrals welcome. Closed group. Confidential, safe and supportive space. Need to be a resident of Rural Dufferin.

Please call FTP to register: 519-941-4357 | 905-584-4357 | 1-800-265-9178