family transition place

Fall/Winter (2026/2027) 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

Colours of Recovery (women only) — Wednesdays • September 16–October 21, 2026 • 3:30–5 p.m.
Join us in this 6-week group for women who are impacted by substance use. Through creative art activities, psychoeducation and peer support, participants will explore the impact of substance use, strengthen healthy coping skills and support their recovery journey.

Caring Dads (men only) — Tuesdays • October 6, 2026–February 9, 2027 • 7–9 p.m. *(no group December 22nd and 29th)*
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.
This group runs virtually.

Thoughts in Balance (women only) — Wednesdays • October 21–December 9, 2026 • 11:30 a.m.–1 p.m.
Feeling stuck in unhelpful thoughts or overwhelmed by emotions? You are not alone. This 8-week group is based on the workbook *Mind Over Mood* and offers practical tools to understand your moods and take back control. Together, we'll explore how thoughts, feelings and actions connect–and practice simple strategies to build balance, confidence and resilience.

Whole and Worthy (women only) — Thursdays • January 7–February 25, 2027 • 10–11:30 a.m.
This 8-week guided meditation and reflection series is designed to help women reconnect with their inherent worth, cultivate inner peace, and gently rebuild trust in themselves. This series is designed to gently support your healing journey through guided meditation, reflection and self-compassion. Each session offers an invitation to slow down, listen inward and move forward.
This is a DROP-IN group–no registration required.

Come As You Are (women only) — Thursdays • January 14–February 18, 2027 • 2–3:30 p.m.
This 6-week group offers a safe and supportive space for individuals impacted by abuse to connect, reflect and learn. Through conversation and gentle education, the group aims to offer knowledge and support as you make sense of your experiences. Come as you are, all parts of you are welcome.

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

Building Safe and Healthy Connections (women only) — Tuesdays • September 15–December 8, 2026 • 1:30 p.m.–3 p.m.
This 7-week group will explore healthy sexuality, consent, boundaries, communication, relationships and body autonomy. Participants will gain knowledge and practical skills to better understand their needs, communicate boundaries and build healthier relationships with themselves and others. Join us in learning, reflecting and exploring what healthy sexuality can look like in everyday life.
This group runs bi-weekly.

Surviving Abuse (women only)
Join us in an 8-week domestic violence educational class and support group for those who have, or are currently, experiencing domestic abuse. Self-referrals welcome. Closed group. Confidential, safe and supportive space. Need to be a resident of Rural Dufferin.
Tuesdays • September 15–November 3, 2026 • 10–11:30 a.m.
Tuesdays • October 20–December 8, 2026 • 5–7:30 p.m.

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

Programs offered in partnership with:

Ontario