

# 2022 Spring & Summer Groups

Facilitated by Anna Wiebe MSW, RSW

## Boundaries for Improving Relationships ([Register here](#))



**May 3, 10, 17, 24 from 4:00-5:30**

Focused on self-awareness, communication, boundary styles, and assertiveness, this group will be for individuals who are looking to set boundaries and show up authentically in their relationships. This course will help to build relationships that are mutually respectful and caring.

## Emotional First Aid ([Register here](#))



**May 17, 24, 31, June 7 from 1:00-2:30**

This group is for individuals who experience their emotions (anxiety, sadness, anger, etc.) with high intensity. If intense emotions interfere with daily life or feel out of control, learning these coping skills will help to manage those emotions.

## Anxiety 101 ([Register here](#))



**May 31, June 7, 14, 21 from 10:30-noon**

Topics covered in this group include mindfulness and self-care, education on what anxiety is, and skills to get you through high anxiety moments, challenging cognitive distortions, and radical acceptance.

**Our virtual workshops are run using ZOOM virtual platform. Participants must have access to a computer, tablet or smart phone and the internet to participate.**