

Children and Family Programs



Circle Time Play Group

Begins September 23rd
Wednesdays 9:30 – 10:30 am

A drop-in program for parents and their tots. Use this opportunity to get together with others, and to develop skills to play and interact with your young children. Learn to have fun together and reduce stress! Children aged 0-5.

Lunch Bunch

Tuesdays & Thursdays



Offered at A.B. Greenwell @ Yount and Palsson Elementary Schools, this recreation-based program is designed to promote tools for conflict resolution, enhance behaviour and social skills, and support children's healthy development.

Begins September 22nd
Tuesdays 2:45 – 4:15 pm

K.I.C.K. This is a fun and supportive group that provides a chance to learn life skills, play games, and be creative in a healthy social setting. Children must be referred to this program through Community Services staff.

Positive Parenting Program

Call if you are interested
in individual or groups sessions



Easy to implement, proven parenting skills help with problem-solving and provides preventative supports. See flyer and check out our website or www.triplep.net for more information.

Youth Programs

F.U.S.E. (fair, unique, safe, empowered)

Begins September 24th
Thursdays 2:45 – 4:15 pm

This co-ed group is a fun, activity based group that covers topics that young teens may need to know about to survive in the real world as they grow and transform into adults.

Girls Group/ Boys Group

On the last Thursday of each month, boys and girls who are a part of FUSE will break out into splinter groups.

YLT (Youth Leadership Training)

Invited participants will have monthly gatherings to plan fun events and take some training to enhance skills for later work life. Roles include mentoring, leadership, and supporting kids involved in programs.

Discovery Group

An activity-based program, healthy relationship-building and conflict resolution skills are built into this group that is offered in conjunction with the middle-school program.



GBDG Group

Brandon and Darlene offer an activity-based group that promotes self-awareness, coping skills, healthy relationships, problem solving, effective communication strategies, and conflict resolution. Offered through Alt. Ed.

Postpartum Support Group

Adult Programs

Call Amanda for more information

If you feel that you may be struggling with postpartum depression and/or anxiety, come and join others who are feeling the same way and learn coping strategies and support one another.

Assertiveness Training

Begins October 7th
Wednesdays 11:00 am – 12:00 pm

Assertiveness training teaches individuals to communicate with others in a way which is direct, honest, and appropriate. The training includes topics such as: Anger management, self esteem, and conflict resolution. The group runs for 8 weeks. Contact Amanda or Brandon if you are interested.

F.I.R.E. (First Impulse Resistance Education)

Groups available according to interest

Ever notice that your first response to a situation wasn't the best? This program teaches the theory about conflict and anger, and promotes skills for impulse control. Improve communication and wellness, resolve conflict, and deal with emotions constructively. Contact us.

Groups are facilitated by
Amanda B.A., M.Ed., S.E.P., C.C.C.,
Brandon S.S.W., and Darlene B.A., M.Ed., ATR.
Individual counselling and support is also available
for a wide range of issues.

