



Spring Adult Groups

To register, please visit
caminowellbeing.ca/groups-workshops
 or call 519-743-6333.

Group	Description	Date & Time
From Chaos to Calm (10 weeks) 400 Queen St. S. Kitchener	Designed to help individuals with trauma histories improve their emotion regulation, interpersonal relationships and skills building. The participants will learn techniques of distress tolerance, cognitive restructuring and the purpose of applying mindfulness to reduce emotional intensity and improve stability.	April 16 – June 18, Wednesdays 5:30pm-7:30pm
Taming Our Anger (8 weeks) 480 Charles St. E Kitchener	This group is designed to provide individuals understanding and value of anger and how to express anger in adaptive ways.	April 14 – June 16, Mondays 4-6pm
From Fear to Freedom (8 weeks) 480 Charles St. E Kitchener	An engaging interactive, skills-based group for adults struggling with anxiety. Group members will learn how certain behaviours reinforce anxiety, develop tools to better tolerate and accept uncomfortable emotions and practice new ways to manage anxiety.	April 17 – June 5, Thursdays, 5:30pm – 7:30pm
I'm More Than My Pain (Ongoing) Virtual	A support group for people who are looking to gain and receive support around the challenges of living with chronic pain. As this is an open group, group membership will be different in each group and members can attend the weeks that work for them. Participants can register at anytime.	Thursdays Bi-weekly 1:30pm – 3pm

Spring Groups

For Relationships & Survivors of Abuse

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Group

Description

Date & Time

Understanding Me
(8 weeks)
400 Queen St. S.
Kitchener

This group provides education and support for women who have experienced emotional or physical abuse within their intimate relationships.

Day: April 17 – June 5
Thursdays, 9:30am-11:30am
Evening: April 15–June 3
Tuesdays, 5:30-7:30pm

Building Better Boundaries
(8 weeks)
400 Queen St. S.
Kitchener

This group provides education and support for women who have experienced any form of abuse and are working towards setting better boundaries in their lives.

April 23 – June 11,
Wednesdays, 10:00am –
12:00pm

Moving Towards Healthy
Relationships
(8 weeks)
400 Queen St. S.
Kitchener

For women who have experienced emotional or physical abuse, focusing on safety, building self-esteem, ending the cycle of violence, and learning how to be healthy in relationships. Understanding Me is a pre-requisite for this group.

April 15 – June 3, Tuesdays,
10:00am-12:00pm

Voices IPV Community
Support Group
400 Queen St. S.
Kitchener

Join other survivors of intimate partner violence and abuse for peer support, tools of empowerment, and mindfulness practices. VoicesWR humbly offers the community of Waterloo Region an in-person support group that was uniquely built for survivors, by survivors.

In-person: Last Thursday of
each month, from 6:30-
7:30pm
Virtual: Second Thursday of
each month, from 6:30-
7:30pm

Strong Mom, Safe Kids
(8 weeks)
231 Herbert St.
Waterloo

This group supports families in the healing process and in regaining their confidence and skills. By supporting mothers and helping them understand the trauma through their children's eyes, they are better able to provide the ongoing emotional support their children need.

April 23 – June 25
Wednesdays
5:30-7:30pm

Spring Groups

Parenting or Pregnancy

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Group

Description

Date & Time

Circle of Security
(8 weeks)
400 Queen St. E
Kitchener
Or Virtual

COS-P is a group for parents and guardians. This group focus is on attachment parenting and uses a visual circle to map out children's needs and what supporting those needs can look like for parents

In-person: April 15 – June 3
Tuesdays, 1pm – 2:30pm
Virtual: April 7–June 9
Mondays, 6pm-7:30pm

Grandparent/Kin
Connecting
(8 weeks)
480 Charles St. E
Kitchener

Grandparents and kinship parents will feel supported by each other to explore their complex role. They will be introduced to various supports in the community and within Camino. We will create a safe supportive environment for Grandparents to be heard and validated in their role

April 16 – June 4,
Wednesdays,
10:00am – 11:30am

Growing Healthy Together
(8 weeks)
Chandler Mowat
Community Center
Or Zoom

For Pregnant people and their support people. Join our Program Coordinator, Registered Dietitian, other pregnant people and their support people to talk about your healthy pregnancy! Through this program we offer referrals to other community support, information about healthy eating during pregnancy, tips on cooking and making meals and much more.

April 16 – June 18,
Wednesdays,
1pm-2:30pm
Hybrid Group: Zoom or
in-person

First Time Parents
(10 Weeks)
Chandler Mowat
Community Center

The First Time Parents Group is a 10 Week, parenting support and educational program for first time parents and caregivers. Come together and build a community! Join us to talk about breastfeeding, introduction to solids, infant safety, sleep and much more.

April 15 – June 17,
Tuesdays,
10am – 12pm

