

THE WAVE

A Family in Transition Children's Group

A group for kids in grades 4 to 6 (born 2012-2014) to discuss and understand family changes like separation or divorce. Through creative activities, they'll explore their feelings and experiences. The group format will allow participants to be witnessed and to witness others, and create a safe space for sharing, normalization, and validation of experiences to build resilience.

RISKS: Can bring up strong feelings or changes in behaviour

BENEFITS: Greater resiliency, ability to connect with others and understand emotions.

DATE & TIME: Thursdays, May 2 – June 20 | 4:15 -5:45 p.m.

Location: 355 Church Street

FEE: Group fees align with the FST Sliding scale

REGISTRATION

To begin the registration process please call **Service Access Unit: 416.595.9618.**



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