

# THE WAVE

## A Family in Transition Children's Group

A group for kids born 2013-2015 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.

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### DATE & TIME

Thursdays; Oct.17 – Dec. 12, 2024 (excluding Oct. 31) 4:15 - 5:45 p.m.

### LOCATION

355 Church Street

### FEE

Group fees align with the FST Sliding scale

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### REGISTRATION

Pre-Screen Required. To begin the registration process please call

Service Access Unit: **416.595.9618**



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