

The Core: Emotionally Empowered Men

8 week program for adult men

Contact us for next start date | Tue 6:30-8:30pm

A supportive group process to better understanding how emotions work and strategies to use them productively in everyday life and relationships.

Embodied Stress Management

3 session program for adults

Apr 3 - 17 | Wed 7-8:30pm

Learn to use mindfulness, embodiment, and movement to access the body's wisdom as a resource for stress management.

Heartstrings:

A Journey Towards Hope and Healing

4 session program for children

Apr 6, 13, 27, May 4 | Sat 10-11:30am

An interactive and supportive grief group for children ages 6 to 11. Helping children make their way through their grieving process while remembering and honouring their loved one.

Teen Wellness

6 week program for teens 13-17

Apr 9 - May 14 | Tue 6:30-8pm

Helping teens develop skills and healthy coping habits for mental wellness today, and lifelong resilience.

Talking About Puberty

Parent only session: Apr 26

Parent and Girls session (optional): May 11

Workshops for pre-teen girls and their parents/caregivers to help get the conversation started.

The Compassionate Road to Building Self-esteem

6 week program for adult woman

Apr 21 - May 26 | Sun 3-5pm

Our hope for you is that through this 6-week group, you will be welcomed with honesty, compassion, and collaboration to learn the skills needed to help build your self-esteem.

Journey Through Grief: Touchstones of Hope

7 week adult grief group

May 2 - 30, Jun 20, 27 | Thu 7-8:30pm

Discover more about your own unique grief journey, learn coping strategies, and share in the opportunity to give and receive support with others who are grieving.

Getting Through the Tough Stuff

2 session workshop for parents/caregivers

May 8 and 15 | Wed 6:30-8:30pm

Supporting children and teens through self-harm, suicidal thoughts and other disclosures.

NEW! Circle of Security Parenting

8 week program for parents

Apr 7 - Jun 2 (excl. May 19) | Sun 6:30-8:30pm

A program for parents/caregivers to learn how to better understand their child's (0-5yrs) emotional needs and develop secure attachments.

NEW! Parenting Through Divorce

2-hour workshop

May 25 | Sat (see website for Spring dates)

Learn how you can help your kids thrive.

Find out more about these in-person programs on our website (riversedgecounselling.com), or contact us at 780-460-0022; info@riversedgecounselling.com

Please note that participants are asked to commit to attend all sessions offered for a program. Fees for programs are listed on our website and they are often covered by insurance.

