



PROGRAM CURRICULUM



Girl Talk

Body image and self-esteem group for girls
through grades 4-8
10 week session
Registration required

Boy Zone

Body image
self-esteem group
for boys
through grades 4-8
10 week session
Registration required



Active Parenting Group

Parenting group for parents/caregivers
Enhance your parenting skills and build a stronger
relationship with your children
6 week session
Registration required

Anxiety Management Group

Clinical professionals lead this DBT based group
for youth struggling with disordered eating
(DBT - Dialectical Behaviour Therapy)
This group has a parenting and youth component
10 week session
Registration required

Yoga

Ongoing weekly sessions of gentle yoga focused
on relaxation techniques.
Registration required.
A fee for service may be applied.

Meditation

Ongoing sessions of guided meditation for
mindfulness and relaxation.
Registration required.
A fee for service may be applied.

Eating Disorder Workshop Series

Monthly workshops with professional speakers
Ongoing
Registration required

Resource Speaker Series

Monthly guest speakers from local support and
service providers
Ongoing
Registration required

Expressive Arts Group

Encourages participants to use various mediums to
express themselves through art
10 week session
Registration required

Cirque du Monde

Social circus program run in partnership with Cirque
du Soleil. Combines Cirque techniques with
education/social intervention for at-risk youth
Transformation group for 14-16 year olds
10 week session
Registration required

