

# Adapting to Change: Reaching Goals

## Skills based group

You will learn about:

Change

Decision making

Stages of Change Model

SMART goals

Coping/adapting tools

June 12<sup>th</sup>-July 3rd, 2026 on Fridays from 10:00 Am – 12:00 Pm



Please call Family Dynamics intake counsellor Jodee at 204-594-1879 to inquire about registration

[www.familydynamics.ca](http://www.familydynamics.ca)

Sessions will be offered in person.

Fees for group are free!