

Adapting to Change: Reaching Goals

Skills Based Group

You will learn about:

Change

Decision making

Stages of Change Model

SMART goals

Coping/adapting tools

Nov 13 – Dec 4, 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

Sessions will be offered in person.

Fees for group are free!