Adapting to Change: Reaching Goals

Skills Based Group

You will learn about:
Change
Decision making
Stages of Change Model
SMART goals
Coping/adapting tools

April 16th - May 7th, 2027: 10 AM -12 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!