



Lethbridge Family Services

In partnership with



Healing Journey

Group Dates:

12 week counselling group

Friday mornings

No cost to participants

Lethbridge Family Services in partnership with Alberta Health Services Mental Health and Addiction is offering a 12 week counselling group for people (age 18+) who have experienced abuse and trauma as a child and are struggling with anxiety, depression or other mental health concerns.

The therapy group will focus on the effects of trauma and ways to foster resilience in each person's journey. The group will provide opportunities for participants to explore and connect to themselves through various therapeutic and expressive arts activities.

The group will provide a supportive environment for participants to learn about themselves through their own personal process and by sharing experiences with one

To register, please contact:

Lethbridge Family Services Counselling Intake

403-327-5724

Intakes will be completed in January, 2023

Group dates: February 17 to May 12, 2023 9:00 a.m. to 11:30 a.m.

Group will be delivered in person at LFS Counselling office:

1098 3rd Avenue North