

# Evening Group for Adults



Support for Mental Health

Coping Skills



Talking about Anxiety and Depression

Dealing with Difficult Life Events



Setting Boundaries in your Life

Effective Communication Strategies



Difficult Relationships

Seeking Connection and Belonging



**Date: Tuesdays from 6-7:30pm beginning Oct. 18**  
**Location: 105B 3<sup>rd</sup> Ave S. Vulcan and Region FCSS.**  
**Cost: Free**

Registration is required for one or all sessions at 403-485-2192 or  
email [reception@vulcanandregionfcss.com](mailto:reception@vulcanandregionfcss.com)

Groups will be co-facilitated by Amy Santschi, Clinical Counsellor, and Heather Shenton, RN SW