



# COUNSELING CENTER GROUP SCHEDULE

2019

Willow Center counselors provide support during group discussions and activities.

Registration is required. Call (585) 232-5200 x332 or email [Groups@WillowCenterNY.org](mailto:Groups@WillowCenterNY.org).

**Free childcare** is available during groups. Please register your child at least one day prior.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>HEALING THROUGH ART</b> 6:00pm-7:30pm</p> <p>Offered weekly. <i>ASL Interpreters onsite.</i></p>	<p><b>DOMESTIC VIOLENCE EDUCATION</b> 10:00am-11:30am</p> <p>Eight week sessions are offered five times each year. <i>Participants must join during the first week.</i> 1/15 - 3/5 3/26 - 5/14 6/4 - 7/23 8/13 - 10/1 10/22 - 12/10</p>	<p><b>SKILLS GROUP</b> 10:30am-12:00pm</p> <p>Six week sessions are offered five times each year. <i>Participants must join during the first week.</i></p> <p><b>Topics:</b> Overcoming Trauma, 1/23 - 2/27 Red Flags/Triggers 3/27 - 5/1 <i>Boundary Setting</i> 5/29 - 7/10 <i>Assertiveness</i> 8/21 - 9/25 <i>Healthy Relationships</i> 10/23 - 12/5</p>	<p><b>RELAX AND EMPOWER: GENTLE YOGA</b> 4:00pm-5:00pm</p> <p>Call for details.</p>		<p><b>SUPPORT GROUP</b> 10:30am-12:00pm</p> <p>Offered weekly.</p>
<p><b>KNOWLEDGE IS POWER GROUP</b> 6:00pm-7:30pm</p> <p>Every 1st Monday: <i>Legal Education with Legal Aid Society &amp; Volunteer Legal Services Project</i></p> <p>Every 2nd Monday: <i>Housing Education with the Housing Council</i></p>		<p><b>SEEKING SAFETY SKILLS GROUP</b> 6:30pm-8:00pm</p> <p>8 week sessions. Registration and screening required.</p> <p><i>Evidence-based group focusing on moving forward from domestic violence and increasing personal safety.</i> 1/16-3/6 3/27-5/15 6/5-7/24 8/14-10/2 10/23-12/11</p>	<p><b>SUPPORT GROUP</b> 6:30pm-8:00pm</p> <p>Offered weekly.</p>		
			<p><b>GOALS TO SUCCESS</b> 6:30pm-8:00pm</p> <p>Six week sessions are offered six times per year. Registration is required. <i>Participants must join during the first week.</i> 1/10-2/14 2/28-4/4 4/18-5/23 6/6-7/18 8/1-9/5 9/19-10/24</p>		



# COUNSELING CENTER GROUP DESCRIPTIONS

Counseling Center Groups are available to community members.

Screening is required--once screened, survivors can come anytime.

Some groups have cycles where clients join on week 1 of the cycle and are encouraged to come for the duration of the group.

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**“Knowledge is Power” Group** - Educational group held with community partners to provide information about a variety of resources available to survivors.

**Legal Education (every first Monday)**

Staff from Legal Aid Society and Volunteer Legal Services provide information about Family Court, custody and divorce.

**Housing Education (every second Monday)**

Staff from the Housing Council at PathStone will answer questions and explore options for safe and affordable housing.

**Art Group** - Art group provides individuals the opportunity to experience all types of art forms with a variety of art materials. Expressing creatively helps individuals understand their thoughts and feelings and promotes self-healing.

**Domestic Violence Education** - An eight-session interactive series for individuals who have questions about domestic violence and/or individuals who are required to attend a group at Willow Center.

**Skills Group** - Group held for six weeks which focuses on exploring and building a variety of skills.

**Support Group** - Discussion group providing a safe and confidential space to discuss a wide range of topics related to domestic violence. Individuals may join at any time.

**Seeking Safety Group** - Eight week evidence-based skills group focusing on moving beyond domestic violence and increasing personal safety.

**Goals to Success Group** - Six week group focusing on setting and achieving goals on a path to safety and self sufficiency.

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