



**CORNERSTONE**  
FAMILY CARE

# Mindful Women

**Sunshine Fourcier, MSW**  
**Group Facilitator**

**Sharon Sleiman, MSW**  
**Group Facilitator**

Treatment group for women **18** years and older who are seeking skills & strategies to address and manage various mood disorders, and/or significant life stressors. Ideal group for those struggling with depression, anxiety, anger, low self-esteem, or significant emotional distress.

This group will provide a warm, supportive, and non-judgmental forum promoting positive skill development and emotional growth. It uses a DBT approach to challenge negative thoughts and behaviours, provide a sense of hope for positive change, and enhance personal strength.

#### **Group Goals:**

- ✓ **Develop healthy coping skills to reduce negative emotions**
- ✓ **Recognize triggers that affect negative feelings and thoughts**
- ✓ **Learn & practice new skills for reducing negative behaviours**
- ✓ **Develop new strategies for self-care**
- ✓ **Develop and participate in a supportive social network**



**When:** Starts Wednesday, May 1<sup>st</sup>, 2019  
**Frequency:** Every Wednesday - 6:00 pm to 7:30 pm  
**Location:** Cornerstone Family Care (2<sup>nd</sup> Floor)  
**Fee:** \$30 per weekly session (paid monthly)  
**How to Inquire:** Call for information- 10am to 8pm (M-Th)  
- 10am to 5pm (Fri)

**Cornerstone Family Care**

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Windsor, Ontario, N8Y 2L4

**519-253-0333**

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Accepted