



FREE 10-WEEK PROGRAM

ADVERSE CHILDHOOD EXPERIENCES (ACES) VIRTUAL LEARNING GROUP

TUESDAYS 10 AM - 11:30 AM

STARTS JANUARY 19TH

**SIX MANDATORY SESSIONS INCLUDING MANAGING
EMOTIONS AND SELF-COMPASSION**

**MULTIPLE OPTIONAL SESSIONS INCLUDING SAFETY
PLANNING AND RELATIONSHIP BOUNDARIES**

GROUP OPEN TO WOMEN WHO HAVE EXPERIENCED ACES

TO REGISTER PLEASE CONTACT KATHY THOMPSON

THOMPSON@RESOLVECOUNSELLING.ORG



United Way
Kingston, Frontenac,
Lennox and Addington

SCHEDULE

JANUARY 19 ADVERSE CHILDHOOD EXPERIENCES

JANUARY 26 SAFETY AND RISK **(OPTIONAL)**

FEBRUARY 2 ATTACHMENT

FEBRUARY 9 CHILD DEVELOPMENT **(OPTIONAL)**

FEBRUARY 16 MANAGING EMOTIONS PART 1

FEBRUARY 23 MANAGING EMOTIONS PART 2

MARCH 2 BOUNDARIES, RELATIONSHIPS, AND
COMMUNICATION **(OPTIONAL)**

MARCH 9 STRESS MANAGEMENT

MARCH 16 MINDFULNESS **(OPTIONAL)**

MARCH 23 SELF-COMPASSION

