

Fact sheet about groups at



*Community
Counselling
Centres*

We offer a variety of groups:

- Healthy Relationships
- Self-Care
- Rebuilding After Your Relationship Ends
- Parenting Your Teen
- Summer Groups for Pre-Teens

This fact-sheet may help you decide whether a group is right for you.

What you can expect from a K3C group

- meet regularly at a scheduled day and time
- usually meet for two hours and for between 6 and 16 weeks
- small groups of 10 or fewer participants
- K3C strives to promote an atmosphere of confidentiality, respect, and acceptance in a neutral, comfortable, safe space
- expect a combination of learning and experience-based opportunities for personal growth
- the facilitators provide group materials and encourage and support participants to talk, listen and learn
- Costs vary - free, subsidized fees and sliding scale

What facilitators expect from group members

In order to ensure our groups provide a healthy atmosphere for everyone, we have certain expectations for all group members.

- you need to be comfortable talking about yourself and also, comfortable listening to others
- you must be able to respect the confidentiality of the other participants
- you need to commit to attending all the sessions and be on time
- you will need to have a brief interview with a group facilitator, either by phone or in person
- the facilitator will ask you questions which help determine your readiness to meet the expectations for group membership
- the facilitator will then confirm your registration and give you any introductory materials including the start date and time
- if the group is full when you call, you can be added to a waiting list in case someone cancels or for future groups

How do I know if I am not ready for a group?

We don't recommend groups for people who are experiencing significant emotional or psychological distress. It's not easy to talk, listen and learn when you're still in crisis. We recommend individual counselling first, and then, group work when you're ready.

How do I get started?

To register for a group call our Intake Worker at 613-549-7850 or talk to one of our Counsellors.

...I'm not alone in these challenges.
Group Participant