



FRIDAY
AFTERNOONS
3:00 P.M. - 4:30 P.M.

- All adults welcome •
- Snacks & coffee provided •
- Registration upon arrival •
- Open weekly to new participants •

FREE & FACILITATED

Counselling Group

NEXT STEPS FOR SUPPORT
Education & Planning

- Solution oriented
- Setting up for success
- Positive coping strategies
- Taking care of ourselves
- Setting S.M.A.R.T goals
- Self-sufficiency
- Identifying supports and resources

LOCATION

Family and Community Services
2nd Floor, 501 Festival Avenue, Sherwood Park

For more information call 780-464-4044
strathcona.ca/groups