

Lethbridge Family
Services
Since 1910
Counselling, Outreach
& Education



In partnership with



Alberta Health
Services

Healing Journey

12-Week Therapy Group

Friday mornings
Feb 16th to May 3rd, 2024
9:00 am–11:30 am

No cost to participate



LFS Counselling office:
1098 3rd Avenue North

Lethbridge Family Services, in partnership with Alberta Health Services Mental Health and Addiction, is offering a 12-week counselling group for people (age 18+) who have experienced abuse and trauma as a child and are struggling with anxiety, depression, or other mental health concerns.

The therapy group will:

- Focus on the effects of trauma and ways to foster resilience in each person's journey.
- Provide opportunities for participants to explore and connect to themselves through therapeutic and expressive arts activities.
- Provide a supportive environment for participants to learn about themselves through their own personal process and by sharing experiences with one another.

To register, please contact:
Lethbridge Family Services Counselling Intake
403-327-5724 or **counsellingintake@lfsfamily.ca**

Intakes must be booked a minimum of one week prior to the start date of the group.

