

Lethbridge Family  
Services  
Since 1910  
Counselling, Outreach  
& Education



In partnership with



# Healing Journey

## 12-Week Therapy Group

Friday mornings  
Oct 11th to Dec 20th, 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](mailto:counsellingintake@lfsfamily.ca)

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

