

Family Services Windsor-Essex

Windsor - WALK-IN WELLNESS GROUP SESSIONS - SCHEDULE

(*Subject to Change)

2019	*Monday 5:30 - 7:00 pm	*Wednesday 2:00 - 3:30 pm	*Thursday 10:00 - 11:30 am
May 6-May 10	Stress & Anxiety	Depression & Anger	Sense of Self
May 13-May 17	Depression & Anger	Sense of Self	Communication & Boundaries
May 20-May 24	Holiday	Communication & Boundaries	Stress & Anxiety
May 27-May 31	Sense of Self	Stress & Anxiety	Depression & Anger
June 3- June 7	Communication & Boundaries	Depression & Anger	Sense of Self
June 10-June 14	Stress & Anxiety	Sense of Self	Communication & Boundaries
June 17-June 21	Depression & Anger	Communication & Boundaries	Stress & Anxiety
June 24-June 28	Sense of Self	Stress & Anxiety	Depression & Anger
July 1- July 5	Holiday	Depression & Anger	Sense of Self
July 8-July 12	Communication & Boundaries	Sense of Self	Communication & Boundaries
July 15- July 19	Stress & Anxiety	Communication & Boundaries	Stress & Anxiety
July 22- July 26	Depression & Anger	Stress & Anxiety	Depression & Anger
July 29- Aug 1	Sense of Self	Depression & Anger	Sense of Self
Aug 5- Aug 8	HOLIDAY	Sense of Self	Communication & Boundaries
Aug 12- Aug 16	Communication & Boundaries	Communication & Boundaries	Stress & Anxiety
Aug 19- Aug 23	Stress & Anxiety	Stress & Anxiety	Depression & Anger
Aug 26- Aug 30	Depression & Anger	Depression & Anger	Sense of Self
Sept 2- Sept 6	HOLIDAY	Sense of Self	Communication & Boundaries
Sept 9- Sept 13	Sense of Self	Communication & Boundaries	Stress & Anxiety
Sept 16-Sept 20	Communication & Boundaries	Stress & Anxiety	Depression & Anger
Sept 23- Sept 27	Stress & Anxiety	Depression & Anger	Sense of Self