



CARRIER SEKANI  
FAMILY SERVICES

Creating wellness together.



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## CSFS Life Skills/Adult Support Groups

### **Anger and Stress Management**

Anger and Stress Management is a seven-week group that coaches participants to navigate through life's daily stresses that often lead to anger. Each week, we will discuss a different topic dealing with individual stresses and anger. The expectations of the program are for individuals to learn new tools and skills to deal with daily stresses, build self-awareness, self-confidence, reinforce positive attitude, and develop their communication skills. Participants receive a certificate upon completion of the program.

For more information, contact Kim at 778-349-4308 or [klanglois@csfs.org](mailto:klanglois@csfs.org), or Dave at 672-983-3035 or [dbukkos@csfs.org](mailto:dbukkos@csfs.org)

[Anger and Stress Management Referral Form](#)

### **When Love Hurts**

A support group for women who have experienced abuse from their male partners. This group offers tools and information to bring awareness to their situation, drawing strength from other women's lived experiences and to let women know that they are not alone. By sharing other women's stories, women can begin to hear their own story more clearly, learn healthy relationship skills, and increase safety for themselves and their children moving forward.

For more information, contact Kim at 778-349-4308 or [klanglois@csfs.org](mailto:klanglois@csfs.org)

[When Love Hurts Referral Form](#)

### **Life Skills**

Life skills is based on the principles of cognitive-behavioral-therapy (CBT) and helps people learn more about how they think and how it can influence their actions. Life skills training covers topics such as budgeting, social and interpersonal skills, mental health wellness, personal growth, education and career advancement, emotional wellness, and lifestyle improvement.

Life skills therapy (LST) focuses on practical abilities to manage daily challenges and amplify personal growth, including emotional regulation, problem-solving, and communication.

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### **[Adult Life Skills Group Referral Form](#)**

### **STOP – Men**

S.T.O.P is a 26-session program that integrates elements from pro-feminist, cognitive behavioral, and self-psychological models to address domestic violence. The program provides an opportunity for men to look at and examine the dominance and control aspect of domestic violence including male privilege and entitlement. The program offers men the training to learn new skills for self-management, communication, empathy, and problem solving. The facilitator uses a client-centred approach to emphasize respect for the men's experience in their personal history and in their relationships. The program is delivered over 12 weeks, and each weekly session is approximately 3 hours in length with a 15-minute break. At the beginning of each group, participants do a check-in and talk about how their week went (successes and or struggles.) Participants also provide two things that they are grateful for to express gratitude.

For more information, contact Dave 672-983-3035 or email [dbukkos@csfs.org](mailto:dbukkos@csfs.org)

### **[STOP – Men Referral Form](#)**

### **STOP – Women**

Welcome to the STOP program for women! This program will help women discover how abusive patterns in intimate relationships began – and it will help women develop new ways of dealing with the beliefs and emotions that have triggered such behaviours. The STOP program for women will help women deal with these problems in a supportive learning environment. It offers (just like the men in men's group) intensive training in new skills for self-management, communication, problem-solving, and empathy for others. With special attention paid to positive self-talk through personal experience.

In a series of weekly groups, women in the group will have a chance to discuss family problems, feelings that led to destructive behaviours, and the impact violence has had in relationships.

For more information, contact Kim at 778-349-4308 or [klangois@csfs.org](mailto:klangois@csfs.org)

### **[STOP – Women Referral Form](#)**