

FLE GROUPS 2010 - 2011	Location	Facilitators	Start Date	End Date	Duration	Times
A Mindfulness Meditation Based Therapeutic Group for Anxiety and Depression	Brampton	Leeanne Medwid Urvashi Joseph	(Start) Apr. 13, 2010	(End) May 18, 2010	6 weeks	Tue 10:30 am – 1:00 pm
A Mindfulness Meditation Based Therapeutic Group for Anxiety and Depression	Brampton	Leeanne Medwid Urvashi Joseph	(Start) Oct, 2010	(End) Nov, 2010	6 weeks	Tue 10:30 am – 1:00 pm
Self Care for the Caregiver (Part 1)	Mississauga	Wilma Nevers Johnson	March 6, 2010		3 hr seminar	
Self Care for the Caregiver (Part 2)	Brampton	Wilma Nevers Johnson	Fall 2010		3 hr seminar	
Divorce Care (tentative)	Brampton	Wilma	(Start) Mar 3 2010	(End) June 3, 2010		
COMPLETED FOR 2009 - 2010						
A Mindfulness Meditation Based Therapeutic Group for Anxiety and Depression	Brampton	Leeanne Medwid Urvashi Joseph	(Start) Oct 20, 2009	(End) Nov 24, 2009	6 weeks	
Parenting workshop – CCS (LINC)	Mississauga	Wilma & Saima	Nov 25, 2009			
Domestic Violence in Relationships	St. Christopher's Parish	Jennifer Myrie	Oct 24, 2009			
Self Care	MIAG	Wilma	Jan 30, 2010			