



Outreach & Education Services

Personal Growth Groups

The focus of this service is education, non-judgmental listening and fostering a reconnection to your own insight and resources.

We provide a confidential and safe environment for education and personal expression on specific topics.

Each group is facilitated by members of the Outreach & Education Team

1-2 hour sessions

4-8 weeks

1 session/week

Groups of 6-10 individuals

TOPICS

Self Esteem & Personal Empowerment
Self-Care & Resiliency
Grief and Loss
Anger Awareness
Healthy Relationships
Responding to Stress
Loving Yourself?

Other topics upon request

These services are available
throughout the South Zone - West

Reminder:

Personal Growth
Groups are not group
counselling

Outreach and
Education workers are
not therapists

If you would like to request a:
Personal Growth Group

Contact:

Lethbridge Family Services

Outreach & Education

403-327-5724

outreach@lfsfamily.ca

or access our website

www.lfsfamily.ca

