

Deltassist: Serving Delta Families for 40 years

The following Groups and Workshops are available free of charge at Deltassist:

Children of Greatness - A group for children 9-12 years

This group is for children who experience anxiety or depression and want to develop skills to cultivate their relationships with themselves and others.

Dates: August 2 to November 29

Time: Thursdays 3:30 pm to 5 pm

- Light snack and refreshments provided

Nobody's Perfect Parenting – A group for parents of children 0-5 years

Dates: September 29 to November 3

Time: Tuesdays 6 p.m. to 7:15 p.m.

- Child minding is provided

Superflex: Developing Flexible Social Behaviors – A group for children 9 – 12 years

Dates: October 2 to November 20

Time: Tuesdays 4 pm to 5 pm

- Light snack and refreshments provided

Girls Circle: Resiliency in Relationships – A group for adolescent girls 15-18 years

This group is for adolescent girls ages 15-18 years who want to develop and maintain healthy relationships with themselves and others.

Dates: October 3 to November 21

Time: Wednesdays 3:30 pm to 5 pm

- Light snack and refreshments provided

Positive Parenting Workshop series – For parents of children 5-12 years

This is a series of different workshops that have many benefits for you as a parent and as an individual. Enjoy meetings others, feel empowered, share stories, learn skills.

Dates: October 3 to December 12

Time: Wednesdays 6 pm to 7:15 pm

No registration required for these workshops