



Child, Youth & Family Services

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**For more information,
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Charitable Registration #: 12995 1174 RR0001

Established on the Saanich Peninsula in 1974, Beacon Community Services has evolved to become one of BC's largest non-profit social services organizations.

Beacon serves approximately 10,000 people in the Greater Victoria and outer Gulf Island areas, including through programs and services in:

- Home Support care
- Licensed Dementia Housing
- Assisted Living
- Affordable Housing for seniors & people with disabilities
- Adult & Senior Recreation Services
- Licensed Child Care
- Parenting & Child Development Programs
- Counselling & Mental Health Services
- Supports & Shelter for At-Risk Youth
- Fetal Alcohol Spectrum Disorder (FASD) Program
- Adult & Youth Employment Services
- Skills Training Programs
- Volunteer Services
- Thrift Shops that raise funds for important local community programs

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Helping People...Improving Lives

Rain or Shine Group

Weathering Anxiety

**For girls 11 - 14
Start date: July 6, 2017**

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About Rain or Shine

The intention of Rain or Shine is to provide a safe, collaborative environment for girls to explore and understand anxiety, to learn new strategies for responding to anxiety-related challenges, and to connect with others.

Through the lens of self-acceptance and compassion, this group encourages participants to take a stance of curiosity about their relationship to anxiety, while exploring ways to live more fully in their particular context.

Group Focus

Through art and nature based activities, exploration of new and existing support strategies, and group activities, this group focuses on:

- Developing self-awareness and knowledge about anxiety.
- Understanding the larger context within which anxiety arises.
- Learning useful strategies to work with anxiety and reduce overall stress.
- Developing self-affirming resources.
- Developing an attitude of acceptance and compassion for self.

What's Involved in Participation?

The activities in Rain or Shine are largely influenced by art-based activities, and informed by mindfulness and response-based, narrative therapies.

The participants will be given many opportunities to be creative, to engage in personal reflection, and to share their experiences with one another.

Examples of group activities are:

- Scrapbooking
- Journaling
- Breathing, visualization, and relaxation practice
- Creating nature art outside
- Painting, sculpting, drawing
- Group discussion

Snacks and drinks provided each session.

Group Structure

This 8 week group for girls ages 11 - 14 runs weekly on Thursday afternoons from 1pm to 3pm, beginning July 6, 2017.

Rain or Shine will be a small group with approximately 6 to 8 participants, to encourage a sense of safety and meaningful participation. Two counsellors from Beacon Community Services will facilitate the group process.

Participation is available to girls living on the Saanich Peninsula and attending school in SD 63. There is no cost for the group.

The Child, Youth, and Family Counselling Team at Beacon Community Services developed Rain or Shine based on the needs that have emerged in our programs and from feedback from Saanich Peninsula schools.

