



Every choice makes a difference

Fall 2011

Separation/Divorce Workshops:

Anger in Separation / Divorce,
What to Do For the Sake of the
Children



Comment (reason for workshop):

Anger! Learn what anger is doing to you and its' impact on your children and co-parent. You will learn if anger is running your life and how to modify and use techniques to manage your anger in order to co-parent in a healthy manner for the sake of the children.

Who should attend this workshop? If you answer yes to any of these questions, then this workshop will be of interest to you.

- Do you feel anger is controlling your life and you are not able to maintain a relationship with your children, co-parent and family?
- Are you experiencing anger issues (individually, family)?
- Do you feel that anger from the past is not resolved which is preventing you from healing and moving on?
- Do you want to explore the negative consequences of anger and learn positive and effective ways of resolving conflict?
- Do you want to improve your relationship with your co-parent and especially with your children?

What you will learn:

- To identify your emotional buttons.
- To let GO of your anger.
- To control your anger before it controls you.
- To determine how you respond when you get angry. What anger category do you fall into?
- How to manage your anger and regain your control.

Topics Discussed / Agenda:

- Explore and understand the effects of your anger on you and those around you.
- Learn how to reduce your anger while in separation / divorce and communicating with co-parent.
- Discover what your anger style is and what you can do to manage it for the sake of your children.
- Explore strategies on how to handle future anger provoking situations.

Presented by two mediators and counselors who together have over 50 years of experience working with families:

Cindy Holovac Leithead, BA (Hons), M.C.A., Acc.F.M. (OAFM), C.P. Med., WPA
 Counselling (Family, Couple, Individual, Anger Management) and Mediation Services
 CINDIAIN RESOLUTIONS SERVICES,
"Every choice makes a difference"

And

Ruby Eversley Acc F.M. (OAFM), C.P. Med., Anger Management Counsellor, C.H.R.P.
 Creative Solutions Consultation, Counselling and Mediation Services
"Creatively helping you find solutions to your issues"

Date: 3 Sessions: Wednesday October 19, 26 & November 2, 2011 Time: 6:30p.m. to 8:30p.m. Cost: \$250 + HST = \$ 282.50

Location: 3331 Bloor Street West, Suite # 105, (2 blocks east of Islington Subway) Etobicoke, Ontario M8X 1E7

Registration is required, as seating is limited: please phone Cindy at #: 647-988-9020

Email address: cindy.hl@sympatico.ca Website: www.cindiainresolutionservices.com

Date: 3 Sessions: Sunday September 18, 25 & October 2, 2011 Time: 1:00p.m. to 3:00p.m. Cost: \$250 + HST = \$ 282.50

Date: 3 Sessions: Sunday December 4, 11, 18, 2011

Time: 8:30a.m. to 10:30a.m. Cost: \$250 + HST = \$ 282.50

Location: 100 Matheson Blvd. East, Unit #204, (2 blocks east of Hurontario Street) Mississauga, Ontario L4Z 2G7

Registration is required, as seating is limited: please phone Ruby at #: 416-262-6085

Email Address: info@scsmediationspc.com Website: www.cscmediationspc.com

Cancellation Policy: Refund less \$25.00 Administration Fee with written notice of withdrawal received up to 5 business days prior to the commencement of the course. Otherwise, a credit towards another session will be given. No credit or refund after the course has started. Rescheduled sessions permitted at discretion of instructors.