



## Separation/Divorce Workshops:

### Co-Parenting For the Sake of the Children



*Every choice makes a difference*

#### Comment (reason for workshop):

We are constantly fighting. There has to be a better way. An interactive workshop.

#### Who should attend this workshop?

If co-parenting for you is not working, this workshop will provide you with positive techniques to improve your co-parenting situation.

#### If you answer yes to any of these questions, then this workshop will be of interest to you.

- Do you want to reduce the fighting and heated arguments for the sake of the children?
- Do you want to improve your physical and stress related symptoms while managing your situation with the children and your co-parent?
- Do you want to learn more effective ways of gaining a healthier attitude for the sake of your children?

#### What you will learn:

- What separation/divorce actually means when children are involved.
- Impact separation/divorce has on you, your co-parent and on others.
- Impact separation/divorce has on the children.
- Strategies to decrease the negative effects of separation/divorce on you, your co-parent and your children.
- Communication Tips
- Strategies to effectively co-parent for the sake of the children.

#### Topics Discussed / Agenda:

- Explore what separation/divorce actually means when children are involved. From spouse to parental relationships
- Explore how your situation/actions may be affecting you and your co-parent
- Explore how you and your co-parents' situation/actions may be affecting your children
- Impact of family conflict on the children
- Through the eyes of my/our children
- Communication tools and protocol
- Developing "positive co-parenting" skills for the sake of the children

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: Thursday September 22, 29 & October 6, 2011 Time: 6:30p.m. to 8:30p.m. Cost: \$250 + HST = \$ 282.50

Date: 3 Sessions: Saturday November 5, 12, 19, 2011 Time: 8:30a.m. to 10:30a.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](mailto:cindy.hl@sympatico.ca) Website: [www.cindiainresolutionservices.com](http://www.cindiainresolutionservices.com)

Date: 3 Sessions: Wednesday November 16, 23, 30, 2011 Time: 6:30p.m. to 8:30p.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](mailto:info@scsmediationspc.com) Website: [www.cscmediationspc.com](http://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.**