



# Fall 2011 Separation/Divorce Workshops



*Every choice makes a difference*

Cindaiin Resolutions Services and Creative Solutions Consultation, Counselling and Mediation Services are pleased to announce the list of their Fall 2011 series of Separation / Divorce Workshops. These workshops are geared to provide individuals with information and an interactive experience to develop new ways of thinking and tools to co-parent for the sake of their children. These workshops would be beneficial to anyone who is thinking of separating or has separated for the sake of their children. To view the full flyer and to register, please go to one of the facilitator's websites and click on the flyer.

1. **Separation / Divorce: Exploring the Process (Options), Emotional Challenges, Effects on Oneself and on the Children**

This two hour workshop will provide general information regarding the Family Court Process as well as understanding your emotional challenges and how your choice of actions may affect your future well-being and the impact on your children.

2. **Parenting Skills and Mediation Information Session**

This two hour workshop will assist you to understand how your anxieties, feelings and anger could impact your parenting skills and decision making. Explore how family mediation works. How you might reduce emotional stress and anger.

3. **Take Control of Your Emotional Feelings While Co-Parenting For the Sake of the Children**

In these three, two hour sessions, learn how to modify your negative thinking and actions and develop new ways of thinking and tools to co-parent in a healthy manner.

4. **Co-Parenting For the Sake of the Children**

If co-parenting for you is not working, these three, two hour sessions will provide you with positive techniques to improve your co-parenting situation.

5. **Anger in Separation / Divorce – What to do For the Sake of the Children**

In these three, two hour sessions, examine 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 you can modify and use techniques to manage your anger in order to co-parent in a healthy manner 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

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AND

***Ruby Eversley Acc.F.M. (OAFM), C.P. Med., Anger Management Counsellor, C.H.R.P.***

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*"Creatively helping you find solutions to your issues"*

**Registration is required as seating is limited**