



Every choice makes a difference

Fall 2011

Separation/Divorce Workshops:

**Parenting Skills and Mediation
Information Session**



Comment (reason for workshop):

If you want an opportunity to develop and better enhance your parenting skills and understand the role of mediation for parents in conflict, anger and misunderstood communication, then this workshop will provide information and enhance your wellbeing. This is an interactive workshop.

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 you are losing control? How is separation / divorce affecting your parenting skills?
- Do you feel like your discussions often result in heated arguments or conflicts with your co-parent?
- Do you feel like people are pushing your buttons?
- Do you feel like your anger increases when you drink alcohol or when driving a car?
- Do you want to improve your communication skills? With your children? With your co-parent?
- Do you want to learn more effective ways of getting a divorce through the use of mediation?

What you will learn:

- How to control your anger before it controls you while trying to co-parent and manage yourself through a separation / divorce.
- To examine your family customs, beliefs and learned behaviours that lead to your family structure.
- How to learn self control and recognize your anger triggers while coping with separation and divorce.
- To develop effective tools that enhances and promotes parenting skills.
- To develop knowledge on mediation while going through a separation and divorce.

Topics Discussed / Agenda:

- Explore anger management techniques while in separation / divorce.
- Explore power and control and types of parental communication styles between parents and children and how to manage these types of communications during separation / while separating / divorce.
- Explore & develop practical skills for building & maintaining positive relationships with people who you care the most about.
- Explore and understand how separation / divorce affects children and what you can do?

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: 1 Day Session: Sunday October 23, 2011 Time: 9:00 a.m. to 11:00 a.m. Cost: \$ 75.00 + HST = \$ 84.75

Date: 1 Day Session: Sunday November 20, 2011 Time: 9:00 a.m. to 11:00 a.m. Cost: \$ 75.00 + HST = \$ 84.75

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.cindaiinresolutionservices.com

Date: 1 Day Session: Tuesday October 4, 2011 Time: 6:30 p.m. to 8:30 p.m. Cost: \$ 75.00 + HST = \$ 84.75

Date: 1 Day Session: Friday November 11, 2011 Time: 9:30 a.m. to 11:30 p.m. Cost: \$ 75.00 + HST = \$ 84.75

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.

(Flyer, Parenting Skills and Mediation Information Session, September, 2011)