



# Therapeutic Services

## Parenting After Separation

For More Information or to Register Call: 424-5580

The Family Centre

*All services are delivered by qualified experienced Therapists*

You Are Not Alone...Separation/Divorce Group	Duration & Cost	Time of Group
<p>Are you feeling confused or overwhelmed by the emotional, legal, financial, physical and parenting challenges of separation/divorce?</p> <ul style="list-style-type: none"> <li>Group discussions facilitated by a trained Therapist</li> <li>Learn new skills to take care of yourself and clarify your needs</li> <li>Manage difficult emotions to become clear and confident</li> </ul>	10 Sessions April-September \$400	Every Wednesday 6 p.m.

Children's Group - 6 to 9 years of age	Duration & Cost	Time of Group
<p>Are your children angry? Are you concerned about their behavior?</p> <ul style="list-style-type: none"> <li>Avoid long-term damage to your children.</li> <li>Children meet in a group with an experienced Therapist to discuss what is happening and how they are coping.</li> <li>They learn new skills to reduce conflict and strengthen personal boundaries.</li> </ul>	10 Sessions April-September \$400	Every 2 <sup>nd</sup> Saturday 12:30-2:00pm

Co-parenting For The Sake Of Our Kids	Duration & Cost	Time of Group
<p>Are you having difficulty sharing the challenges of parenting your children after separation/divorce?</p> <ul style="list-style-type: none"> <li>Coaching sessions are designed for parents and a therapist to work toward collaborative solutions and implement personalized strategies to effectively parent their children and help them cope and adjust to the separation of their parents.</li> </ul>	3 Sessions \$225	Call for appointment

Leaving an Abusive Relationship	Duration & Cost	Time of Group
<p>Are you breaking free from the pain, fear, anger, and grief of an abusive relationship?</p> <ul style="list-style-type: none"> <li>Re-build your self-worth and your life with the support of a qualified Therapist.</li> <li>Understand and accept your emotions.</li> </ul>	3 Sessions \$225	Call for appointment

Personal Coaching - Divorce/Separation	Duration & Cost	Time of Group
<p>Are you experiencing painful emotions that drain your energy? Are you stuck in the past, re-living past events over and over? Are you ready to take charge of your life?</p> <ul style="list-style-type: none"> <li>Personal Coaching with a trained Therapist is Goal Oriented and focuses on <b>you</b> and <b>your</b> preferred future.</li> <li>Help deal with the stress of divorce/separation</li> <li>Enhance your strengths and resiliency to cope with frustration, anger, and grief.</li> </ul>	3 Sessions \$225	Call for appointment

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To register or confirm course dates or for information on limited subsidies please call the number above or email [courses@the-family-centre.com](mailto:courses@the-family-centre.com)

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