



# Spring 2010 Workshops

[FOR MEN, WOMEN and children!]



## Orangeville

### BEST DADS

[Dads & Children] Squash the “myths” of fatherhood! Explore the barriers, the frustrations and the joys of being a dad. Meet and connect with fellow fathers from your community. Learn how to identify your child’s strengths and address areas of concern.

Date(s): Tuesdays – Mar 2 and 9  
Time: 6:00 pm to 8:00 pm  
Location: Orangeville Early Years Centre  
Children: 0-6  
Register: EYC 519-941-6991 ext. 2205

Date(s): Mondays – May 3 and 10  
Time: 6:00 pm to 8:00 pm  
Location: Orangeville Early Years Centre  
Children: Any age  
Register: DPSN 519-940-8678



[Moms & Children] Learn ways to help your children handle the feelings, self-blame, and behaviors that arise in families that have experienced woman abuse. In the program, kids learn they are not alone and they have fun.

Date(s): Wednesdays – Apr 28 to Jun 16  
Time: 6:00 pm - 8:00 pm  
Location: Family Transition Place  
Register: FTP 519-941-4357/905-584-4357

Programs offered in partnerships with



## Orangeville

### ANGER'S BUBBLE

[Co-Ed] Learn to recognize your anger triggers and how to release anger safely. Participants will examine their anger style and how this style impacts themselves and others. We'll also discuss behaviour choices when angry and how to be assertive and communicate more effectively.

Date(s): Mondays - Apr 12, 19 and 26  
Time: 7:00 pm - 9:00 pm  
Location: Princess Margaret School  
Register: DPSN 519-940-8678



[Women Only] If food, alcohol, drugs or sex aren't solving your problems or taking away your pain, come and learn new ways to find comfort and take control of your life.

Date(s): Tuesdays – Apr 27 to Jun 15  
Time: 6:00 pm - 8:00 pm  
Location: Family Transition Place  
Register: FTP 519-941-4357/905-584-4357

### JOURNEY TO HEALING

[Women Only] Discover your courage, strength and voice in this private, non-judgmental group. Understand why the harmful effects of abuse don't have to last forever.

Date(s): Tuesdays – Apr 20 to Jun 8  
Time: 1:00 pm - 2:30 pm  
Location: Family Transition Place  
Register: FTP 519-941-4357/905-584-4357  
Childcare available.

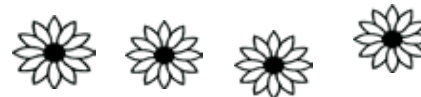
## Orangeville

### HEALTHY RELATIONSHIPS

A series of one session workshops covering topics such as identifying healthy and unhealthy relationships, anger, boundaries, assertiveness, conflict resolution, self esteem.

[Co-Ed]  
Date(s): Tuesdays – Jun 1, 8 and 15  
Time: 7:00 pm - 9:00 pm  
Location: Princess Margaret School  
Register: DPSN 519-940-8678

[Women Only]  
Date(s): Tuesday – Apr 6 to May 11  
Time: 9:30 am - 11:30 am  
Location: Orangeville Early Years Centre  
Register: EYC 519-941-6991 ext. 2205



## Shelburne

### HEALTHY RELATIONSHIPS

[Women Only] A series of one session workshops covering topics such as identifying healthy and unhealthy relationships, boundaries, anger, assertiveness, conflict resolution, self esteem.

Date(s): Wednesdays – Apr 14 to May 19  
Time: 9:30 am - 11:30 am  
Location: Shelburne Early Years Centre  
Register: EYC 519-925-5504

## Grand Valley

### COFFEE & CONVERSATION

[Women Only] Meet with other women while talking about healthy relationships.

Date(s): Tuesdays - Mar 30, May 18, Jun 15  
Time: 9:30 am - 11:30 am  
Location: Grand Valley Early Years Centre  
Register: EYC 519- 928-3383

## Town of Mono



[Youth 10 - 14] Summer memories for boys and girls age 10 to 14! Games, crafts, sports and activities geared for fun and building skills for healthy, equal relationships!

Date(s): Monday to Friday - July 5 to 9  
Time: 9:00 am - 4:00 pm  
Location: Mono Community Centre  
Register: FTP 519-941-4357/905-584-4357

Counselling available in Bolton,  
Orangeville and Shelburne.

Call for appointments.

**24 HR CRISIS/INFO LINE**  
**519-941-HELP/ 905-584-HELP**  
**www.familytransitionplace.ca**