



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.

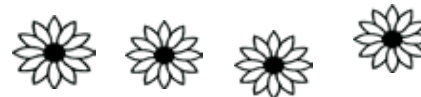
Orangeville

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