

Seminars for the Separated

CMHA - HALTON REGION PRESENTS SEMINARS FOR THE SEPARATED

An educational/peer support program for individuals struggling through separation & divorce.

Topics include:

- Stages of separation
- Managing your Emotions (hurt, anger, loss & stress)
- Deescalating Conflict
- Healthy Relationships
- Parenting life after divorce

Date	Time	Location
Oct. 19 - Dec. 7, 2009 (Mondays)	7:00pm - 9:00pm	Milton
April 12 - June 7, 2010 (Mondays - No class May 24)	7:00pm - 9:00pm	Burlington

Each week offers an educational competent followed by a group discussion.

DURATION: 8 WEEKS

COST: \$125.00

Payment must be received prior to start of program.

For information or registration please contact:
CMHA - Halton Region Branch
(905) 693-4270



Halton Region
Branch

CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE



United Way
Member Agency

Charitable registration # 0521583-11-14