



The Family Centre

EDUCATION SERVICES

Workshops/Courses

2012

For Information or to Register Call: 780.497.7536

...for You	Information	Fees	
		Group Session	Individual Session
<p>Raising Self Esteem & Building Skills in Assertion</p> <ul style="list-style-type: none"> • Characteristics of self esteem • Influence on self-worth • Immediate & long term techniques to improve self esteem • Empowering yourself to make changes • Passive, aggressive, and assertive behavior • Assertive communication styles • Healthy boundaries 	<p>January 9, 11, 16 & 18 March 19, 21, 26 & 28 May 7, 9, 14 & 16 July 9, 11, 16 & 18 September 10, 12, 17 & 19 November 19, 21, 26 & 28</p> <p>Length: 4 Evenings</p> <p>Mondays & Wednesdays 7:00 pm - 9:30 pm</p>	<p>\$100 (Individual)</p>	<p>\$300 (Individual)</p> <p>3 Hours Call to arrange day, evening or weekend</p>
<p>Women and Anger</p> <p>* This course was not developed to address domestic violence issues.</p> <ul style="list-style-type: none"> • What is anger • Understanding effective & ineffective patterns for dealing with anger • Healthy coping strategies • Healthy expression of anger • Underlying emotions connected with anger 	<p>January 20 & 21 March 9 & 10 April 27 & 28 June 8 & 9 July 27 & 28 September 21 & 22 November 16 & 17</p> <p>Length: 2 Days</p> <p>Friday 7:00 pm - 10:00 pm Saturday 9:00 am - 5:00 pm</p>	<p>\$100 (Individual)</p>	<p>\$300 (Individual)</p> <p>3 Hours Call to arrange day, evening or weekend</p>
<p>Men and Anger</p> <p>* This course was not developed to address domestic violence issues.</p> <ul style="list-style-type: none"> • What is anger • Understanding effective & ineffective patterns for dealing with anger • Healthy expression of anger • Identify one's history with anger • Stress management and anger • Communication and conflict resolution skills 	<p>January 13 & 14 February 24 & 25 April 13 & 14 June 15 & 16 August 10 & 11 November 23 & 24</p> <p>Length: 2 Days</p> <p>Friday 7:00 pm - 10:00 pm Saturday 9:00 am - 5:00 pm</p>	<p>\$100 (Individual)</p>	<p>\$300 (Individual)</p> <p>3 Hours Call to arrange day, evening or weekend</p>

Subsidies available. Please inquire at time of registration.

Supported By:



Feel free to photocopy and distribute to meet your requirements.

#20, 9912-106 Street, Edmonton, Alberta T5K 1C5 Website: www.the-family-centre.com

To register for a workshop/course Phone: 780.497.7536 Fax: 780.426.4918 E-mail: education.services@the-family-centre.com