

CHILDREN, YOUTH AND FAMILY PROGRAMS

B.A.B.E.S.
(Beginning Awareness Basic Education Studies)
Saturdays from 9:30 am to 11:00 am (six weeks)
April 18 to May 23
Ages Five to Eight Years Old
Facilitators: Lynda Donaldson and Kyla Groves

This evidence-based prevention program uses storytelling techniques and puppets to teach young children the skills they need to cope with peer pressure and difficult situations. We cover substance abuse and addiction from an age appropriate perspective. Parents are required to attend and participate in a parents' group.

PHOTOVOICE
Wednesdays from 6:00 pm to 7:30 pm
Facilitator: Kyla Groves

Ages 12 to 14 years old
February 12 to March 25 (no workshop on March 18)

Ages 15 to 17 years old
April 29 to June 3

Photovoice is a program that empowers youth to tell their story through photography. Participants will also learn the technical elements of photography, as well as a better understanding of feelings, emotions and mental wellness.

PARENTING YOUR TEEN: REDEFINING YOUR ROLES
Saturday, May 30
Facilitators: Lynda Donaldson and Kyla Groves

Learn to communicate effectively and foster a two-way conversation with your teen in a calm and respectful manner while maintaining the Parent role.

BECOME A VOLUNTEER

Find a volunteer opportunity fitting with your interest, skills and availability here at Serenity Renewal for Families.

Want to find out more?
Contact Michelle Tasker, our Volunteer Coordinator, at 613-523-5143 or volunteer@serenityrenewal.ca

PAY IT FORWARD

Charitable donations made to Serenity Renewal for Families are used to help others needing financial support to attend workshops or counselling sessions. We would be grateful for any support that you can offer to help others attend our programs.

Serenity Renewal for Families is a registered non-profit organization.

Charitable #11914-5787-RR0001
Donations accepted online at:
www.serenityrenewal.ca

NO ONE IS TURNED AWAY

The standard fees for all our workshops and counselling sessions are listed below. If your individual situation does not enable you to pay the standard fee we have a sliding fee scale and a "pay it forward" subsidy available for services. Thanks to the generosity of our donors, everyone is able to access our services.

Receipts are issued for extended health care insurance.

Suggested Fees

Counselling (1-hour session)	\$100
Saturday Workshops	\$100
Evening Workshops	\$100
Adult Weekday Workshops	\$100
Change is Possible Workshop	\$200
Strengthening Families	No Fee
B.A.B.E.S.	No Fee
Photovoice	\$100
Continuing Care	\$300

OUR LOCATION

202-2255 St. Laurent Blvd, Ottawa, ON
(One block south of Walkley Road)

Bus #40 from St. Laurent Station or South Keys:
get off at 2255 St. Laurent Blvd.

For the most up-to-date information about OC Transpo routes to our location, please visit www.octranspo.com or call them directly at 613-560-1000.

Serenity Renewal for Families

January to May 2020



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Serenity Renewal for Families provides hope and support to individuals and families affected directly or indirectly by addictions and other related issues.

A HEARTFELT THANK YOU

to the many donors and community organizations who make our programs and services possible!

THE CRABTREE FOUNDATION



Danbe Foundation



CHANGE IS POSSIBLE

Monday, February 3 to Thursday, February 6 and Monday, May 11 to Thursday, May 14
9:30 am to 3:00 pm with lunch included
Facilitators: The Serenity Team

Individuals who have experienced the effects of substance abuse, addictive behaviours or trauma need help to make positive changes in their lives. Topics: Self-Esteem, Family of Origin, Codependency, Communication, Feelings and Spirituality.

ADULT WEEKEND WORKSHOPS

All weekend workshops are from 9:30 am to 4:00 pm with lunch included

STEPS 1, 2 AND 3

Saturday, January 18
Facilitator: Wally Clare

We will explore the meaning of recovery, the personal experience of hitting bottom and the need to stop self-destructive behaviours. We will look within ourselves to try and find acceptance in our feelings of powerlessness and unmanageability. What is the personal spiritual pathway we can follow that will give meaning and purpose to our lives?

FAMILY OF ORIGIN

Saturday, January 25
Facilitator: Sofie Charron

Family of Origin experiences have a profound influence on our thinking and beliefs. These shape the choices and feelings we experience in our relationships and in parenting our children.

FEEL GOOD NOW

Saturday, February 8
Facilitator: Marian Meade

The one thing we can have control of is our thoughts. Learn how to deliberately choose good feeling thoughts and have greater access to clarity, appreciation, confidence, interest, enthusiasm and more.

ANGER AND RESENTMENT

Saturday, February 22
Facilitator: Sofie Charron

Learn how to stop destructive angry behaviour patterns in yourself and to cope with the anger of others. Learn how to identify and let go of resentments.

SEXUALITY IN RECOVERY: UNDERSTANDING AND MAKING CHOICES

Saturday, February 29
Facilitator: Sonia Maisonneuve

We deserve emotional closeness and connectedness. Sometimes this desire will lead us into destructive choices or will leave us feeling incomplete and alone. This workshop will focus on the 12 dimensions of healthy sexuality in recovery. Making healthy decisions in our relationships and in our sexual choices are essential for growth.

SELF-CARE AND SELF LOVE

Saturday, March 7
Facilitator: Louise Goodman

How do we care for and love ourselves? How do we take responsibility for our own reality? We will consider how to live for ourselves rather than for others.

CODEPENDENCY: RECLAIM YOUR IDENTITY

Saturday, March 14
Facilitator: Marian Meade

Codependent behaviour is a learned coping style that includes hyper focusing on others while being unable to express one's own needs. Learn to reclaim your identity and create authentic relationships.

MINDFULNESS

Saturday, March 21
Facilitator: Sofie Charron

Practical strategies to help recognize, understand and overcome harmful patterns of overthinking. Move forward to healthier patterns.

GRIEF: COPING WITH LOSS

Saturday, April 18
Facilitator: Marian Meade

Loss of a relationship, in any form, can cause a host of feelings, including anxiety, hopelessness, anger and sadness. Learn how to process grief and find hope.

COMMUNICATION AND RELATIONSHIP SKILLS FOR INDIVIDUALS

Saturday, April 25
Facilitator: Wally Clare

How do we communicate effectively? What are the essential ingredients for a healthy, intimate relationship? How do we create friendships? Learn how to identify and change unhealthy patterns. Communication and relationship skills can be learned and practiced.

BEGINNINGS: UNDERSTANDING AND HEALING FROM TRAUMA

Saturday, May 2
Facilitator: Louise Goodman

Have you been affected by trauma? In this introductory workshop, we will learn the types and effects of trauma. We will also gain understanding of coping skills and will explore ways to begin or continue on a journey of healing.

PERFECTIONISM: ACCEPTING OUR IMPERFECT SELVES

Saturday, May 16
Facilitator: Marian Meade

Perfectionism is about striving for flawlessness. It is often driven by severe self-criticism, and a fear of failure and other people's opinions. Learn how to separate your self-worth from your personal performance so that you can enjoy your life.

ADULT WEEKDAY WORKSHOPS

All weekday workshops are from 9:30 am to 4:00 pm with lunch included

ACCEPTANCE AND LETTING GO

Thursday, March 26
Facilitator: John Robertson

How do I learn to live in peace? What does it mean to accept and to let go? Explore the tools that can help you find serenity.

AN EXPLORATION OF SELF

Thursday, May 21
Facilitator: John Robertson

A fresh journey into self, using the whole Person Wheel and a Coat of Arms, to find a deeper sense of identity.

ADULT WEEKNIGHT WORKSHOPS

All weeknight workshops are from 7:00 pm to 9:00 pm

HEALTHY BOUNDARIES

Wednesdays, January 15, 22 and 29
Facilitator: Louise Goodman

Boundaries are crucial to establishing healthy relationships—yet they are the most challenging. Boundaries give us an opportunity to clarify who owns what in relationships and the skills needed for conflict resolution.

ANGER AND RESENTMENT

Wednesdays, April 15, 22 and 29
Facilitator: TBD

Learn how to stop destructive angry behaviour patterns in yourself and to cope with the anger of others. Learn how to identify and let go of resentments.

ONGOING SUPPORT

COUNSELLING

Serenity Renewal for Families provides counselling for individuals and families affected directly or indirectly by addictions and emotional wellbeing issues. Appointments may be scheduled with one of our counsellors by calling our office.

PARENTS FOREVER

Tuesdays from 10:00 am to 11:30 am
Facilitator: Lynda Donaldson
Parents Forever is an ongoing mutual-support group for parents and family members of addicted adult children 18 years and over.

CONTINUING CARE

Thursdays from 6:00 pm to 7:30 pm
Facilitator: John Robertson
This 12-week program is designed for people returning to the Ottawa area after completing an in-patient addictions treatment. Continuing Care may be joined during any week. Pre-registration is required.