**Family of Origin**Monday, June 14 to Thursday, June 17: 4:00 pm to 5:30 pm  
**Facilitator:** Jennifer O’Connor  
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.

**Communication and Relationship Skills for Individuals and Couples**Saturday, June 12 and Sunday, June 13, 9:30 am to 12:30 pm  
(\*this workshop may be taken by individuals or by couples)  
**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.

**Mindfulness and Stress**Saturday, June 26 from 9:30 am to 3:30 pm (with a one-hour break for lunch)  
**Facilitator**: Sofie Charron  
Join us for a full-day workshop on the basic principles and practice of mindfulness. Explore ways to stay grounded through meditative breathing, movement and even…food! Find out how mindfulness skills can help manage anxiety and other challenging feelings, particularly in stressful times.

**Sexuality, Romance and Relationships**Saturday, July 17 and Sunday, July 18: 9:30 am to 12:30 pm  
**Facilitator**: Gerard Vardy  
Healthy relationships involve a balanced mixture of physical connection, emotional excitement and a sense of personal comfort and belonging. It means sharing a unique journey with another person. Unhealthy relationships do not help as they miss or inappropriately exaggerate those key elements needed on all friendships. We all desire emotional closeness. Sometimes our desire will lead us into destructive choices or the failure to fulfill this desire leaves us feeling incomplete, inadequate or alone. Making healthy relationships and sexual choices is essential for own personal growth.

**Anger and Resentment**Monday, July 19 to Thursday, July 22 from 4:00 pm to 5:30 pm  
**Facilitator**: Jennifer O’Connor  
Resentment, self-pity and bitterness have an identifiable cause. Hanging on or nurturing a resentment causes pain to oneself. Learn to let go.

**Emotion Regulation**

Mon July 26-Thurs July 29 from 4:00 pm to 5:30 pm

**Facilitator**: Jessica Pershick

Our emotions help us know who we are, and what is important to us, but we don’t want them driving the bus.  When our emotions are intense, we run the risk of suffering, or doing things that we may later regret. By learning how to manage our emotions, we can think *and* feel at the same time and make wise decisions. Learn what the core emotions are, and how to assess, validate, contain and express your feelings so that you can feel better more of the time and be comfortable with a wide range of emotions.

**Overcoming Perfectionism**Saturday, August 7th from 9:30 am to 3:30 pm (with a one-hour break for lunch)  
**Facilitator**: Sofie Charron  
Do you find yourself often thinking that what you do isn't good enough? Is your list of tasks never-ending? Do you feel like you don't measure up? Learn about the origins of Perfectionism, how it affects our quality of life, and how you can overcome this harmful pattern to get more satisfaction out of life!

**Grief: Coping with Loss**Saturday, August 14 and Sunday, August 15 from 9:30 to 12:30  
**Facilitator**: Wally Clare  
Loss in any form can cause a host of feelings, including anxiety, hopelessness, anger, sadness and despair. Learn how to process grief and to find hope. Grief issues are an important consideration for everyone wanting to follow a journey of healing and recovery.

**Codependency: Understanding Self-Defeating Behaviour**Saturday, August 28 from 9:30 am to 3:30 pm (with a one-hour break for lunch)  
**Facilitator**: Wally Clare  
Codependent behaviour affects how we relate to one another, often through control and manipulation. By understanding our self-defeating behaviour we can reclaim our own identity.