



## Information about Our Virtual Workshops

Designed to promote emotional and spiritual well-being in a safe environment.

There is no requirement to see a counsellor before taking a workshop. However, a counsellor may recommend a series of workshops based on an assessment of your individual personal situation.

**If you are interested in any of our virtual workshops,  
Please email [workshops@serenityrenewal.ca](mailto:workshops@serenityrenewal.ca)**

Or call our office at 613-523-5143  
(Monday to Friday, 9:30am to 2:00pm)

### **Fee for Workshops**

Serenity Renewal for Families' fee for a workshop is \$140. Receipts will be issued for extended health care or private insurance.

No one is excluded from services for financial reasons. Thanks to the generosity of our donors, Serenity Renewal for Families will continue to offer a sliding fee scale, a minimum payment request of \$10 and 100% subsidies.

## Workshops March to June

### **Mindfulness for Mood**

Saturday, March 27: 9:30 am to 3:30 pm (with a one-hour break for lunch)

**Facilitator:** Sofie Charron

Find out how mindfulness skills can help improve the way you respond to difficult thoughts and emotions in everyday situations and in times of crisis. Learn about the many different ways to practice mindfulness through walking, breathing, eating and more.

### **Resentment: Letting Go of the Past**

Monday, March 29 to Thursday, April 1: 1:30 pm to 3:00 pm

**Facilitator:** Wally Clare

Resentment is simply defined as "bitter indignation at having been treated unfairly". Our addiction and codependency literature identifies resentment as the single most dangerous

defect in our journey of healing and recovery. This workshop will provide the opportunity to explore the roots of our resentments and the path we need to follow to let them go.

**\*\*\* Office Closed – Easter Weekend -- Friday April 2 – Monday April 5 \*\*\***

### **Fear, Anger, Self Pity, Dishonesty and Denial**

Monday, April 12 to Friday, May 16 *\*no workshop on Wednesday, April 14\**: 1:30 to 3:00 pm

**Facilitator:** Wally Clare

These feelings can prevent us from making life changes. We often feel overwhelmed, unsafe and may be unable to ask for help or to be able to trust others. Learn how to move towards change.

### **Sexuality, Romance and Relationships**

Saturday, April 24 and Sunday, April 25: 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.

### **Emotion Regulation**

Monday, May 3 to Friday, May 7 *\* no workshop on Wednesday, May 5\** : 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.

**\*Special note about the two workshops facilitated by Wally Clare in May: these two workshops can be done separately but when done together it presents a comprehensive overview of recovery. Wally is hopeful that some participants will choose to attend both recovery focused workshops in May.**

**Recovery: A Journey of Emotional and Spiritual Growth:**

Monday, May 10 to Friday, May 14: \*no workshop on Wednesday, May 12) 1:30 pm to 3:00 pm

**Facilitator:** Wally Clare

Over the four days of this workshop, participants look at their personal journey of recovery and healing. On the first day, Wally will discuss the pit of despair, hopelessness and surrender. On the second day, the workshop will touch on shame and guilt. The third day will focus on loneliness, isolation and the need for belonging. On the last day, the workshop will explore the topics of fear, resentment and self pity.

**\*\*\*Office Closed—Victoria Day —Monday, May 24\*\*\***

**Acceptance: Our Pathway of Tolerance, Humility and Gratitude**

Wally Clare: Tuesday, May 25 to Friday, May 28, 1:30 pm to 3:00 pm

**Facilitator:** Wally Clare

The workshop begins with an examination of core issues including control, perfectionism and denial. On the second day Wally will review the multiple character defects that prevent us from moving forward. Days three and four will focus on our journey of self-acceptance and, specifically, how tolerance and humility are essential ingredients in our pursuit of gratitude, joy and serenity.

**Self Esteem and Self-Care**

Saturday, May 29: 9:30 am to 3:30 pm (with a one-hour break for lunch)

**Facilitator:** Sofie Charron

How do we acquire and grow our self-esteem? We will explore the importance of healthy boundaries and learn how to communicate feelings and ideas vital to our self-image. In the afternoon, we will be looking at caring for ourselves. How do we take responsibility for our own reality? We will consider how to live for ourselves rather than for others.

**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:** Wally Clare, 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:** Sofie Charron: Saturday, June 26 from 9:30 am to 3:30 pm

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.