



# Family Living Program 2011 Schedule



Catholic Social Services' Family Living Program is now offering the workshop schedule for 2011. If you would like more information or to register, please contact Kari Boulton, FLP Coordinator, at 780-420-6081.

**\* LIMITED SUBSIDIES AND/OR PAYMENT PLANS MAY BE AVAILABLE. \***

## Overcoming Depression Level Two

\$250 / person

*January 18 – March 22, 2011 (ten Tuesday evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035).*

Prerequisite: Overcoming Depression Level One. We will further explore and practise strategies and tools for staying out of depression, decreasing anxiety and building self esteem. Understanding the role of grief in depression, staying in touch with our feelings, modification of negative thoughts, setting goals and changing behavioral patterns are some of the many topics that will be addressed in this course. You FEEL the way you THINK and you can CHANGE the way you THINK, therefore CHANGING the way you FEEL. Learn to love yourself and life can be filled with hope, happiness, love and productivity. Facilitator: Debbie Hart

## Handling Anger Level One

\$300 / person

*February 17 – April 21, 2011 (ten Thursday evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035).*

This workshop is designed to help you learn how to handle your anger effectively. The goal is to learn to express anger in a healthy way without hurting others, yourself or your relationships. By the end of the program, you will have practised and begun to integrate new behaviours in communication and personal problem solving and become aware of the underlying “triggers” for your anger. Topics included are: anger and its uses, sources of anger, understanding the anger cycle, becoming familiar with what makes us angry, learning alternative ways of expressing anger and dealing with rage, and learning how to use anger appropriately to enhance your relationships at work and in your personal life. Facilitator: Irene Mitrowka

## Mindfulness & Mastery of Emotions Level One

\$250 / person

*March 1 – April 19, 2011 (eight Tuesday evenings) from 6:00 pm – 8:30 pm at Catholic Social Services South Office (8815 – 99 Street in the 3<sup>rd</sup> Floor Boardroom).*

Do you feel easily overwhelmed by and react strongly to emotions? Do you find it hard, as a result, to build healthy relationships? In this program you will learn to develop skills in paying full attention to your apparent "uncontrollable" emotions, thoughts and sensations and, learn to master your emotions more effectively. This will enable you to enhance your social and occupational functioning and thus, build a much more peaceful relationship not only with yourself, but others. This program is based on M. Linehan's Dialectical Behavioral Therapy model. Referrals are welcome. Facilitator: Diana Yiu, M.S.W., Clinical Social Worker.



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# Family Living Program

## 2011 Schedule

### Setting Healthy Boundaries

\$250 / person

*March 2 – May 4, 2011 (ten Wednesday evenings) from 6:30 pm to 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in the Genesis Room).*

A boundary or limit is how far we can go with comfort. Having an awareness of boundaries and limits will help you to discover who you are. Without boundaries, it would be hard to define yourself or have a healthy self. One of the keys to your boundaries is knowing your inner life (includes your beliefs, thoughts, feelings, values, decisions, choices and experiences). In our day-to-day experiences, we have many opportunities for growth. That growth includes the physical, mental, emotional and spiritual realms of your awareness, experience and consciousness. Awareness of our boundaries help us in that growth (personally and professionally). This program is designed to help you handle the daily demands of life in a way that protects your time and energy for the things that matter. It can help you to be clearer about what to include and what to leave out, so that you can fill the spaces of your life with the people, activities, and pursuits that are truly yours. Facilitator: Debbie Hart

### Overcoming Depression Level One

\$300 / person

*March 7 – May 16, 2011 (ten Monday evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035). Please note: NO class on April 25 – Easter Monday.*

Are you feeling depressed, anxious or have low self-esteem? A lot of why we feel depressed, have low self-esteem, or have trouble being happy, stems in part from our choices, and our lack of tools to handle happy and sad situations. In this workshop you will learn to enjoy greater happiness, embrace hope, be more productive and love life. You will be able to change your thoughts and make better choices for more self-fulfilment. Topics included are: measuring your moods, identifying your personal goals, modifying negative thoughts, understanding what self-esteem is and how to get it! The "Ten Days to Self-Esteem" Workbook AND the "Feeling Good Handbook" by David D. Burns, M.D. are both included in this workshop. Remember you FEEL the way you THINK and you can CHANGE the way you FEEL. Facilitator: Debbie Hart

### Handling Anger Level One

\$300 / person

*March 23 – May 25, 2011 (ten Wednesday evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035).*

This workshop is designed to help you learn how to handle your anger effectively. The goal is to learn to express anger in a healthy way without hurting others, yourself or your relationships. By the end of the program, you will have practised and begun to integrate new behaviours in communication and personal problem solving and become aware of the underlying “triggers” for your anger. Topics included are: anger and its uses, sources of anger, understanding the anger cycle, becoming familiar with what makes us angry, learning alternative ways of expressing anger and dealing with rage, and learning how to use anger appropriately to enhance your relationships at work and in your personal life. Facilitator: Carol Smith



# ***Family Living Program 2011 Schedule***

## **Couples Communication**

**\$350 / couple**

***April 12 – June 14, 2011 (ten Tuesday evenings) from 6:30 pm – 8:30 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035).***

Do you want to reconnect with your partner? Learn practical and effective communication techniques to make your relationship the formula for success. Explore your differences and learn to support each others' dreams and goals. Find out if you are truly "listening" to "hear" what your partner has to say and vice versa. Lots of issues and areas of concern are covered in this ten week program including strengthening and/or developing new skills in communicating, different communication styles, problem solving, negotiating, intimacy and learning how to "turn toward each other instead of away". Included is "The Seven Principles for Making Marriage Work" by John M. Gottman for each of you to start reconnecting with your partner! Facilitator: Irene Mitrowka

## **Mindfulness & Mastery of Emotions Level Two**

**\$250 / person**

***May 3 – June 21, 2011 (eight Tuesday evenings) from 6:00 pm – 8:30 pm at Catholic Social Services South Office (8815 – 99 Street in the 3<sup>rd</sup> Floor Boardroom).***

Prerequisite: Mindfulness & Mastery of Emotions Level One. This workshop aims to review and examine the concepts learnt previously in Mindfulness and Mastery of Emotions Level One in further details, in relation to four personality and anxiety subtypes and to further refine interpersonal effectiveness skills. Facilitator: Diana Yiu, M.S.W., Clinical Social Worker.

## **New Beginnings**

**\$250 / person**

***May 7 – May 28, 2011 (four Saturdays) from 8:00 am – 5:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035). Lunch will be provided.***

New Beginnings is designed to help those who have lost a life partner through separation, divorce, or death. This workshop is for those wishing to focus on making a new beginning in their lives. Through a reflective process and sharing with others, this workshop provides an opportunity to grieve, to accept, and to make a "new beginning" after the loss. You will learn how to develop an action plan for moving beyond losses and it will help understand the emotional and physical effects of grief and the stages of grieving. Grief often makes us feel "stuck" in our lives with no idea how to move on. This class is designed to help you recognize where you are stuck and how to move forward towards a new life that offers hope and peace. We ask that participants be at least 6 months past their loss so that they are at a point where they are ready to explore how to move through the grief and look towards a new beginning. Facilitator: Tracey Taylor

## **Handling Anger Level One**

**\$300 / person**

***May 19 – July 21, 2011 (ten Thursday evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035).***

This workshop is designed to help you learn how to handle your anger effectively. The goal is to learn to express anger in a healthy way without hurting others, yourself or your relationships. By the end of the program, you will have practised and begun to integrate new behaviours in communication and personal problem solving and become aware of the underlying "triggers" for your anger. Topics included are: anger and its uses, sources of anger, understanding the anger cycle, becoming familiar with what makes us angry, learning alternative ways of expressing anger and dealing with rage, and learning how to use anger appropriately to enhance your relationships at work and in your personal life. Facilitator: Gail Gosse



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# *Family Living Program*

## *2011 Schedule*

### *Overcoming Depression Level Two*

*\$250 / person*

*May 30 – August 8, 2011 (ten Monday evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035). Please note: NO class on August 1 – Civic Holiday.*

Prerequisite: Overcoming Depression Level One. We will further explore and practise strategies and tools for staying out of depression, decreasing anxiety and building self esteem. Understanding the role of grief in depression, staying in touch with our feelings, modification of negative thoughts, setting goals and changing behavioral patterns are some of the many topics that will be addressed in this course. You FEEL the way you THINK and you can CHANGE the way you THINK, therefore CHANGING the way you FEEL. Learn to love yourself and life can be filled with hope, happiness, love and productivity. Facilitator: Debbie Hart

### *Setting Healthy Boundaries*

*\$250 / person*

*June 1 – August 3, 2011 (ten Wednesday evenings) from 6:30 pm to 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035).*

A boundary or limit is how far we can go with comfort. Having an awareness of boundaries and limits will help you to discover who you are. Without boundaries, it would be hard to define yourself or have a healthy self. One of the keys to your boundaries is knowing your inner life (includes your beliefs, thoughts, feelings, values, decisions, choices and experiences). In our day-to-day experiences, we have many opportunities for growth. That growth includes the physical, mental, emotional and spiritual realms of your awareness, experience and consciousness. Awareness of our boundaries help us in that growth (personally and professionally). This program is designed to help you handle the daily demands of life in a way that protects your time and energy for the things that matter. It can help you to be clearer about what to include and what to leave out, so that you can fill the spaces of your life with the people, activities, and pursuits that are truly yours. Facilitator: Irene Mitrowka

### *Handling Anger Level Two*

*\$250 / person*

*July 28 – September 29, 2011 (ten Thursday evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035).*

Prerequisite: Handling Anger Level One. This is an opportunity to review and continue to incorporate the skills learned in Handling Anger Level One. This workshop is designed to help you understand that anger is a secondary emotion and to identify the incident or behaviour that triggered your anger. You will also understand what this behaviour means and the skills that you can use to work through the emotion and resolve the anger. Facilitator: Gail Gosse

### *Handling Anger Level One*

*\$300 / person*

*August 10 – October 12, 2011 (ten Wednesday evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035).*

This workshop is designed to help you learn how to handle your anger effectively. The goal is to learn to express anger in a healthy way without hurting others, yourself or your relationships. By the end of the program, you will have practised and begun to integrate new behaviours in communication and personal problem solving and become aware of the underlying “triggers” for your anger. Topics included are: anger and its uses, sources of anger, understanding the anger cycle, becoming familiar with what makes us angry, learning alternative ways of expressing anger and dealing with rage, and learning how to use anger appropriately to enhance your relationships at work and in your personal life. Facilitator: Carol Smith



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# *Family Living Program*

## *2011 Schedule*

### *Mindfulness & Mastery of Emotions Level One* *\$250 / person*

*August 23 – October 11, 2011 (eight Tuesday evenings) from 6:00 pm – 8:30 pm at Catholic Social Services South Office (8815 – 99 Street in the 3<sup>rd</sup> Floor Boardroom).*

Do you feel easily overwhelmed by and react strongly to emotions? Do you find it hard, as a result, to build healthy relationships? In this program you will learn to develop skills in paying full attention to your apparent "uncontrollable" emotions, thoughts and sensations and, learn to master your emotions more effectively. This will enable you to enhance your social and occupational functioning and thus, build a much more peaceful relationship not only with yourself, but others. This program is based on M. Linehan's Dialectical Behavioral Therapy model. Referrals are welcome. Facilitator: Diana Yiu, M.S.W., Clinical Social Worker.

### *Overcoming Depression Level One* *\$300 / person*

*September 19 – November 28, 2011 (ten Monday evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035). Please note: NO class on October 10 – Thanksgiving Day.*

Are you feeling depressed, anxious or have low self-esteem? A lot of why we feel depressed, have low self-esteem, or have trouble being happy, stems in part from our choices, and our lack of tools to handle happy and sad situations. In this workshop you will learn to enjoy greater happiness, embrace hope, be more productive and love life. You will be able to change your thoughts and make better choices for more self-fulfilment. Topics included are: measuring your moods, identifying your personal goals, modifying negative thoughts, understanding what self-esteem is and how to get it! The "Ten Days to Self-Esteem" Workbook AND the "Feeling Good Handbook" by David D. Burns, M.D. are both included in this workshop. Remember you FEEL the way you THINK and you can CHANGE the way you FEEL. Facilitator: Debbie Hart

### *Setting Healthy Boundaries* *\$250 / person*

*September 20 – November 22, 2011 (ten Tuesday evenings) from 6:30 pm to 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in the Genesis Room).*

A boundary or limit is how far we can go with comfort. Having an awareness of boundaries and limits will help you to discover who you are. Without boundaries, it would be hard to define yourself or have a healthy self. One of the keys to your boundaries is knowing your inner life (includes your beliefs, thoughts, feelings, values, decisions, choices and experiences). In our day-to-day experiences, we have many opportunities for growth. That growth includes the physical, mental, emotional and spiritual realms of your awareness, experience and consciousness. Awareness of our boundaries help us in that growth (personally and professionally). This program is designed to help you handle the daily demands of life in a way that protects your time and energy for the things that matter. It can help you to be clearer about what to include and what to leave out, so that you can fill the spaces of your life with the people, activities, and pursuits that are truly yours. Facilitator: Debbie Hart



# *Family Living Program*

## *2011 Schedule*

### *Couples Communication*

*\$350 / couple*

*October 4 – December 6, 2011 (ten Tuesday evenings) from 6:30 pm – 8:30 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035).*

Do you want to reconnect with your partner? Learn practical and effective communication techniques to make your relationship the formula for success. Explore your differences and learn to support each others' dreams and goals. Find out if you are truly "listening" to "hear" what your partner has to say and vice versa. Lots of issues and areas of concern are covered in this ten week program including strengthening and/or developing new skills in communicating, different communication styles, problem solving, negotiating, intimacy and learning how to "turn toward each other instead of away". Included is "The Seven Principles for Making Marriage Work" by John M. Gottman for each of you to start reconnecting with your partner! Facilitator: Irene Mitrowka

### *Handling Anger Level One*

*\$300 / person*

*October 6 – December 8, 2011 (ten Thursday evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035).*

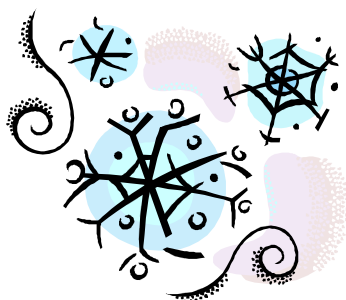
This workshop is designed to help you learn how to handle your anger effectively. The goal is to learn to express anger in a healthy way without hurting others, yourself or your relationships. By the end of the program, you will have practised and begun to integrate new behaviours in communication and personal problem solving and become aware of the underlying "triggers" for your anger. Topics included are: anger and its uses, sources of anger, understanding the anger cycle, becoming familiar with what makes us angry, learning alternative ways of expressing anger and dealing with rage, and learning how to use anger appropriately to enhance your relationships at work and in your personal life. Facilitator: Gail Gosse

### *New Beginnings*

*\$250 / person*

*November 19 – December 10, 2011 (four Saturdays) from 8:00 am – 5:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035). Lunch will be provided.*

New Beginnings is designed to help those who have lost a life partner through separation, divorce, or death. This workshop is for those wishing to focus on making a new beginning in their lives. Through a reflective process and sharing with others, this workshop provides an opportunity to grieve, to accept, and to make a "new beginning" after the loss. You will learn how to develop an action plan for moving beyond losses and it will help understand the emotional and physical effects of grief and the stages of grieving. Grief often makes us feel "stuck" in our lives with no idea how to move on. This class is designed to help you recognize where you are stuck and how to move forward towards a new life that offers hope and peace. We ask that participants be at least 6 months past their loss so that they are at a point where they are ready to explore how to move through the grief and look towards a new beginning. Facilitator: Tracey Taylor



# Family Living Program 2011 Schedule

## [You Just Don't Get It](#)

[\\$50 / person](#)

*Please call for the next session – 780-471-1122 ext. 2557*

Parents and Teens: Do you find yourselves having the same conversation over and over or arguing about the same issue without getting any results? Are you tired of that yet? **You Just Don't Get It** is an introductory communication and conflict resolution workshop for Parents and Teens. On the first night, you and your teen will learn skills in communication such as how to appropriately express yourself and gain a better understanding of others and to help you become a better listener. On the second night you and your teen will learn skills to help identify your conflict styles and develop a step by step plan for resolving conflict and solving problems. Facilitators: Mediators from the Parent Teen Mediation program who are trained professionals skilled in communication and conflict resolution.

**To register or to get more information for this program ONLY –  
call 780-471-1122 ext. 2557  
and speak with the Parent Teen Mediation Program Coordinator.**

**Workshop Registration:** Registrations are taken on a first come, first served basis. Register early to reserve your place in the workshop. (Catholic Social Services reserves the right to cancel scheduled workshops if a minimum number of registrants is not achieved. Full refunds will be issued in such instances).

**Refund Policy:** Refunds will only be issued if a workshop registration is cancelled at least (7) days prior to the start of a workshop. A \$50 administration fee will be charged for cancellations. **NO refunds will be made for non-attendance at workshops.**

**How to Register:** Call 780-420-6081 to register or you can drop by the office (8212 – 118 Avenue) and speak with the Family Living Program Coordinator. We accept Visa, MasterCard, Debit Card, Money Order, Cheque and / or Post-Dated Cheques or Cash.

**Fees:** Our workshops are affordable; we can set up a payment plan that works for you.

**Special Note:** You must be 18 years of age to register for a workshop.

**Workshop Leadership:** Our workshop facilitators have post-secondary education in Social Work, Psychology, Marital and Family Therapy, Education, or Life Management Skills Certification. Your facilitator has extensive experience and is a team leader with skills and education in group process, leadership skills, and crisis intervention.



Limited subsidies are available and supported by:  
The Sign of Hope Campaign and the  
Edmonton Community Adult  
Learning Association.



At Catholic Social Services, we value our community and respect your privacy. Please note that we do not share or sell any of your personal information. If you do not wish to be on our contact email list, please reply to this message and your information will be removed. Thank you for your continuing support.

Courses and/or course dates are subject to change without notice. If you would like to be added to our email mailing list please email me directly at [kari.boult@catholicsocialservices.ab.ca](mailto:kari.boult@catholicsocialservices.ab.ca)



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# *Family Living Program 2011 Schedule*

Application Date:

Workshop Name:

Start Date:

End Date:

Applicant Name:

Address:

City:

Postal Code:

Phone: (H)

Phone: (W)

Phone: (C)

Birth Date:

Gender: M / F

Email Address:

Ethnic Background: Canadian, Canadian With Visible Minority, Immigrant,  
First Nations, Metis, Inuit:

**For spouses / partner attending same workshop:**

2<sup>nd</sup> Applicant Name:

Address (if different from above):

City:

Postal Code:

Phone: (H)

Phone: (W)

Phone: (C)

Birth Date:

Gender: M / F

Email Address:

Ethnic Background: Canadian, Canadian With Visible Minority, Immigrant,  
First Nations, Metis, Inuit:

**Personal Information (for statistical purposes):**

Marital Status: Never Married, Married / Common-Law, Widowed, Separated,  
Divorced

**How did you hear about this workshop?**

Counsellor/Therapist, Friend, Pamphlet/ Edmonton Examiner, Other – please  
specify:

**Payment Information:**

Standard Fee:

Subsidized Fee:

**Payment Method:**

Cash/Debit, Cheque, Post-Dated  
Cheques, Credit Card (Visa / MC)

Card #:

Expiry Date:

Name on Card:

**Payment Dates and Amounts:**

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)

**Third Party Registrant / Referral:**

Child Welfare, Probation Officer, Social  
Worker, Employer, Family Member /  
Spouse

Contact Name:

Company:

Address:

Phone:

Fax:



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