

EX-PECTATIONS

A workshop for dealing with your EX-partner after a difficult separation



Realigning your relationship and moving towards more business-like communication with your ex-partner is an important step in rebuilding your own life after separation. Inevitably, your well-being and ability to parent your children in this new phase of life will be affected by your own thoughts, behaviours, and feelings at any given time. This workshop will provide you with practical skills while helping you to better respond to conflicts that will arise with your ex-partner. You will learn how to transform anger into constructive action.

You will learn:

- The role of anger in keeping you connected
- Ways in which your thinking fools you and can perpetuate conflict
- Tips for structuring more productive communication with your ex-partner
- Understanding what fuels reoccurring conflicts
- Why parental self care is so important in the outcome of children's adjustment to separation

THIS WORKSHOP IS OPEN AND RELEVANT TO THOSE FROM THE LGBT COMMUNITY.

Dates:

Sept 20, 2011 5pm to 8pm
Sept 27, 2011 5pm to 8pm
Nov 8, 2011 5pm to 8pm, or
Nov 15, 2011 5pm to 8pm

We ask that ex-partners attend separate sessions.

Please call

Pam at 647-348-1866 or

Sheila at 647-348-2085

to register or receive further information about this workshop.

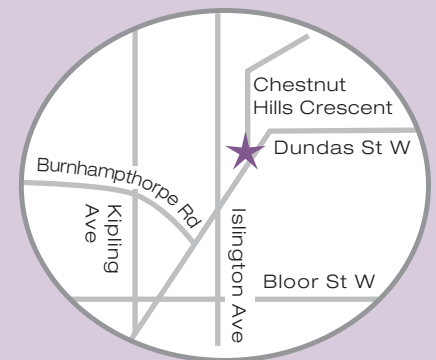
Cost:

\$225.00 per person + GST

Full payment is due one week prior to the date of the workshop and is non-refundable. Credit for future workshops will be given if you cancel after that time.

Location:

1 Chestnut Hills Crescent
Toronto, ON



Together, Pam and Sheila offer a broad range of individual, family and group services.

For more information, please visit our website at www.facilitatingchange.ca



SHEILA I. BROWN

SOCIAL WORK PROFESSIONAL CORPORATION

SHEILA BROWN, MSW, RSW, Acc. FM (OAFM) is a Registered social worker and experienced Accredited Mediator whose practice specializes in helping parents to create and implement parenting plans and improve their communication. Sheila also provides post separation counselling and works with individuals and couples who are experiencing problems in their relationships.



PAM FANJOY is a registered Social Worker who specializes in working with children and teens experiencing depression, anxiety, ADD/ADD-H, behavior problems, peer or school concerns. Pam is an experienced Child Specialist and Neutral Family Professional in Collaborative Practice who works with parents and children going through separation or divorce. Pam is committed to keeping the needs of children at the forefront of developing parenting plans, teaching parents to parent across two homes and helping children cope with life after divorce.

Pamela Fanjoy
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