

Ride the wave

Groups to help parents and their children navigate through the troubled waters of separation or divorce.



DATES AND TIMES

This group will be run on Tuesdays at our **Oakville** location; and on Fridays at our **NEW Toronto** location. New groups will begin on the first Tuesday and Friday of every month.

Please visit our website at www.pamfanjoy.com for current and upcoming dates.

The cost for this group is \$75 per session plus G.S.T. Please note that additional children from the same family receive a 10% discount. Receipts provided.

Groups are kept to a maximum of eight participants to ensure members of the group get maximum benefit. So with space extremely limited, call now to reserve your spot!

For further details, or to register, please call Pam Fanjoy, the Group Facilitator, at: (905) 844-9966 or (416) 551-4311

Groups take place in **Oakville** at 345 Lakeshore Road East, Suite 222 (just east of Trafalgar Road) and at our **NEW Toronto** location at 240 Arlington Avenue, Unit B (Christie and St. Clair area.)

Workshops and single sessions are offered for parents on How to Talk to Your Child About Separation. Please call for further details.

Children's Groups

Activity-based children's groups will help children to develop strategies to stay afloat. These three-week groups have been developed to meet the specific needs of children at different stages of development.

Treading Water (6-8 years)

This group will help children to identify their own feelings about the separation and find ways to begin expressing these feelings.

Staying Afloat (9-12 years)

This group will assist children in building skills and developing the confidence to tackle common problems.

Topics will include:

- coping with changes that occur when parents separate;
- dealing with parents when they don't get along;
- talking to friends, or others, about the separation.

The Survivor Challenge (Teens)

This group will support teens to negotiate their relationships with others while adjusting to the impact of parental separation on their own lives.

Topics will include:

- maintaining a relationship with both parents;
- helping your parents to understand your perspective;
- knowing your communication style and how to use it to your advantage to solve problems effectively.

Please visit our website at www.pamfanjoy.com

Pam Fanjoy
& Associates

Pam Fanjoy, MSW, RSW is a Registered Social Worker specializing in individual and family therapy to teens experiencing depression and/or anxiety, eating disorders, trauma, school related problems and parental separation.