

Family Service Moncton is pleased to offer a wide array of services to corporate clients and community agencies in the areas of wellness, consultation and training. Please contact our Corporate Services Coordinator to discuss how we can offer you services tailored to your organization's specific needs.

Services à la famille-Moncton est heureux d'offrir une grande variété de services aux entreprises et agences communautaires. Veuillez entrer en contact avec la coordinatrice des services aux entreprises pour discuter des services personnalisés disponibles dans les domaines de consultation, de formation et de bien-être.

Registration & Cancellation Policy

- Registration fee includes the cost of course materials.
- Registrations are limited – please register early!
- A \$10.00 administration fee will be charged for cancellations received before the starting date of the program.
- Contact us for more information on our cancellation policy.

Modalités pour les inscriptions et les annulations

- Le coût du matériel est inclus dans le frais d'inscription.
- Le nombre d'inscriptions est limité. Inscrivez-vous dès maintenant!
- Frais de 10,00\$ pour une annulation reçue avant le début du cours.
- Veuillez communiquer avec nous pour de plus amples renseignements.

REGISTRATION FORM / FORMULAIRE D'INSCRIPTION

Course / Cours:

Name(s) / Nom(s):

Address / Adresse:

Tel # Tel: (H / D) _____ (W / T) _____
(Cell) _____

Fee enclosed / Frais ci-joint: \$ _____ (VISA & Mastercard accepted / acceptés)

Make cheque payable to / Faire chèque payable à:

Family Service Moncton Inc. / Services à la famille-Moncton, Inc
120 rue High St., Moncton, NB E1C 6B5
Tel/Tél: (506) 857-3258 Ext. 0
Fax/Télé: (506) 858-8315

www.fsmoncton.com

A United Way member agency / Une agence membre Centraide

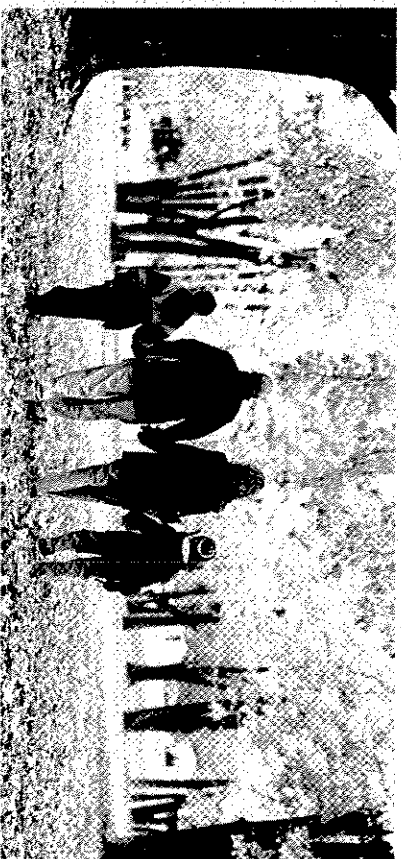


FAMILY
SERVICE
MONCTON



SERVICES
À LA FAMILLE
MONCTON

Family Education Éducation familiale



Fall 2010 / Automne 2010
Pre-Registration / Pré-inscription :
857-3258 Ext. 0

Family Education provides individuals and families the opportunity, with professional leadership and guidance, to develop and enhance interpersonal skills needed in relationships and family living. Besides the general public, programs are delivered to organizations, communities and employers upon request. Thanks to United Way, the fees listed here reflect a subsidized rate to the general public.

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L'éducation familiale est enseignée par des professionnels spécialisés et offre aux individus et aux familles l'occasion de développer et d'améliorer leurs compétences menant à des relations interpersonnelles et familiales satisfaisantes. Selon les besoins, ces programmes sont offerts tant au grand public qu'aux organismes privés, aux communautés et aux employeurs. Grâce à Centraide, les frais ci-indiqués sont subventionnés pour le grand public.

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Programs, dates and fees / Programmes, horaire et frais

NEW - ACTIVE PARENTING FOR STEPFAMILIES

SEPT 21 - NOV 2, \$80/person \$130/couple • TUES, 6:30 to 9 PM (20 hrs) This 8-week program for parents will increase their skill in dealing with stepfamily challenges to provide opportunities for growth and satisfaction. Facilitator: Sandra deVink

ADULT CHILDREN OF ALCOHOLICS: GROWING THROUGH LETTING GO

SEPT 21 - NOV 16, \$110/person \$185/couple • TUES, 6:30 to 9 PM (23 hrs) How do the personality traits and roles we develop while growing up in an alcoholic family impact our daily lives? This 9-week course will familiarize you with the basic issues common to adult children of alcoholics and offer suggestions for change. Facilitator: Gloria Bradley

A L'ÉCOUTE DE SON CORPS

18 septembre, 30\$/personne 50\$/couple • SAMEDI 10 h00 à 14h00 (4 heures) Pour s'adapter aux situations stressantes de tous les jours, on se coupe parfois de notre ressenti, de nos émotions. A l'aide d'exercices en focusing, venez apprendre à vous mettre à l'écoute de votre corps, à relâcher les tensions et à contrôler vos émotions. Le focusing est une approche autothérapeutique en 6 étapes. Vous pouvez donc apprendre le processus et le pratiquer sur vous-mêmes suite à l'atelier. Animatrice : Alice Thébeau-LeBlanc

ANGER MANAGEMENT FOR TEENS

SEPT 2 - OCT 21, \$70/person • THURSDAY 5:00 to 6:30PM (12 hrs) Anger! What is it? What do I do with it? You will learn new ways to manage and express your feelings, which can help you get along better with others. Facilitators: Vickie Rousselle & Erica Vienneau

ANGER MANAGEMENT (for adults) - 2 courses

SEPT 8 - NOV 17, \$125/person • WEDNESDAY 6:30 to 9 PM 1ST course: (25 hrs) 10-week course of 2.5 hrs a session

OCT 16 - 30, \$125/person • SATURDAY 8:30 AM to 4:30 PM 2nd course: (24 hrs) 3-week course of 8 hrs a session

Understand yourself and others better. Improve your strategies for dealing with anger and learn how to recognize when you are in danger of "losing it". This course is for men and women who have a problem in expressing anger constructively. Facilitator: Terrance Trites

AS PARENTS GROW OLDER

OCT 18 - DEC 6, \$20/person \$35/couple

MONDAYS 6:30 to 9 PM (18 hrs) This 7-week course is designed for adult children concerned about their aging parents or relatives living in their own homes, with a family or in the care of others. Topics include: exploring the aging process, dealing with feelings, decision-making, and community resources. Facilitator: Terrance Trites

BECOMING ASSERTIVE

NOV 3 - DEC 8, \$95/person \$150/couple

WEDNESDAYS 6:30 to 9 PM (15 hrs) This 6-week program will enable you to learn ways to express your wants and needs and to stand up for your legitimate rights without violating the rights of others. Facilitator: Gloria Bradley

NEW - BULLYING: THE BULLY... THE VICTIM... THE BYSTANDERS

SEPT 27 - OCT 1, \$45/person, \$75/couple

MONDAY AND FRIDAY 6:00 to 9 PM (6 hrs) Bullying is not acceptable and should never be considered just "part of growing up". It affects everyone and can have serious consequences for children who are repeatedly bullied and for those who persist in bullying others. Children who are not directly involved but consistently witness bullying can also be affected. This workshop is an opportunity to gain insight into the world of bullying. Parents will become better informed and better equipped to assess and respond to bullying behaviours and situations. Facilitator: Crystal Lawrence

NEW - FOSTER FAMILIES: FAMILY DYNAMICS

NOV 24, \$35/person, \$60/couple • WEDNESDAY 6:30 to 9:30 PM

(3 hrs) Welcoming foster children in our home can be such a blessing and their departure quite painful as relationships are greatly impacted by change. It can also be a challenge to assure everyone's well-being while respecting their role within the family unit. Discuss how to let go with love and accept the separation with knowledge. How to help family members to honour what has been lost and to prepare them for what is yet to come. Facilitator: Maria DesRoches

NEW - FOSTER FAMILIES: RELATIONSHIPS

SEPT 20, \$35, \$60/couple • MONDAY 6:30 to 9:30 PM

(3 hrs) Parents, this is the time to think about you! Couple's often go through overwhelming experiences and need to rely on each other's support and strengths to overcome the unique challenges of fostering. Help restore your sense of self while refocusing on your relationship to improve communication, intimacy and understanding. Facilitator: Maria DesRoches

GESTION DE LA COLÈRE (adolescents)

28 OCT - 9 DEC, 70\$/personne • JEUDI 16:30 à 18h30

(12 heures) La colère, c'est quoi? Les participants auront une meilleure compréhension de soi et de sa relation avec la colère. La formation permettra d'identifier les éléments qui déclenchent la colère et comment l'adresser de façon constructive. Animatrices : Vickie Rousselle & Erica Vienneau

MANAGING YOUR INCOME

NOV 3, \$20/person \$35/couple • WEDNESDAY 1 to 3 PM

(2 hr workshop) Money management is more than working with numbers! This workshop will enable you to look at budgeting in a different way. Facilitator: Natalie Lawrence

MINDFULNESS BASED STRESS REDUCTION

SEPT 8 - OCT 6, \$95/person \$150/couple

WEDNESDAY 6:30 to 9 PM (15 hrs) This 6-week program offers an experiential learning opportunity whereby the participants are involved in the process of stress reduction. The emphasis is on moment to moment awareness which helps you to become more in touch with life and what is happening in your mind and body. * Includes CD's. Facilitator: Simone Preston

NURTURING SELF-ESTEEM

SEPT 16 - NOV 4, \$85/person, \$150/couple • THURSDAY 6:30 to 9 PM

(20 hrs) This 8-week course is designed to help you discover your own personal power to build self-esteem. A positive step towards a more joyful, satisfying life. Facilitator: Gloria Bradley

NEW - PARENTING TEENAGERS

NOV 10 - 17, \$45/person, \$75/couple

WEDNESDAY 6 to 9 PM (6 hrs) Are you tired of the power struggles with your teenager? Or are you afraid that your teen might be using drugs or thinking about using drugs. If so then the owner of Peaceful Families Consulting can provide you with guidance on how to feel like an empower parent and guide your teen to make positive choices. Facilitator: Charlene Savoie

PARENTING THE EXPLOSIVE CHILD

OCT 28 - DEC 9, \$70/person \$120/couple

THURSDAY 6:30 to 8:30 PM (12 hrs) This 6 week program for parents will help parents teach their children to identify feelings, make better choices and implement important problem solving skills. Facilitator: Ashley Cavanaugh

PARENTING YOUNG CHILDREN

SEPT 2 - OCT 21, \$80/person \$130/couple

THURSDAY 6:30 to 9 PM (20 hrs) This 8-week program will be of interest to parents of children from birth to age 5. It will enable them to build healthy patterns of beliefs and behaviors in their young child - patterns which can form the foundation for a lifetime of positive growth. Includes book. Facilitator: Kelli Etheridge

NEW - PARENTS OF YOUTH WHO SELF-HARM

OCT 4, \$35/person, \$60/couple

MONDAY 6 to 9 PM (3 hrs) "I am scared most of the time, and I don't know what to do. How can I help my child?" Why do our children self-harm? Find help in identifying underlying issues. Meet other parents in a structured, non-judgmental setting, and share your story. Knowledge decreases fear. Facilitator: Maria DesRoches

PARENTS TAKING CHARGE OF ADHD

OCT 4 - NOV 29, \$20/person \$35/couple

MONDAY 6 to 8:30 PM (20 hrs) This 8-week program will be of interest to parents of ADHD children. They will receive up-to-date information and learn strategies aimed at improving their child's performance at home and at school. ADHD children can succeed. Facilitator: Crystal Lawrence

STEP (Systematic Training for Effective Parenting)

OCT 26 - DEC 14, \$80/person \$130/couple

TUESDAY 6:30 to 9 PM (20 hrs) STEP is an educational program for parents who want to raise responsible children and feel more adequate and satisfied as parents. This 8-week course provides a practical approach to parent-child relations. *Includes book. Facilitator: Kelli Etheridge

THE GRIEF RECOVERY @ OUTREACH PROGRAM

SEPT 15 - DEC 1, \$150/person \$250/couple

WEDNESDAY 6:30 to 8:30 PM (24 hrs) The Outreach program will guide those who wish to resolve their loss issues and move beyond their grief to a richer quality of life. This 12 week program is conducted by a Certified Grief Recovery Specialist. Facilitator: Gabrielle Gaudet