

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.

Politique sur 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 annulations (reçues avant le début du cours).
- Demandez-nous pour plus de renseignements sur cette politique.

REGISTRATION FORM / FORMULAIRE D'INSCRIPTION

Course / Cours: _____

Name(s) / Nom(s): _____

Address / adresse: _____

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

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

Please make Cheque or Money Order payable to:

Veuillez faire votre chèque ou mandat poste 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/Téléc: (506) 858-8315

Website: www.fsmoncton.com

A United Way member agency / Une agence membre Centraide



Family Education Programs—Winter/Spring 2005 Programmes d'Éducation familiale—Hiver/Printemps 2005

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.

L'éducation familiale est enseignée par des leaders professionnels et offre aux individus et aux familles l'opportunité de développer et d'améliorer les habiletés menant à des relations interpersonnelles et familiales satisfaisantes. Selon la demande, ces programmes sont fournis soit au public en général, aux organismes privés, aux communautés et aux employeurs. Grâce à Centraide, les frais indiqués sont subventionnés pour le grand public.

Pre-Registration Required / Pré-inscription requise: 857-3258 Ext. 0

PROGRAMS / COURS

DATES

FEES / FRAIS

ASSERTIVENESS TRAINING

This new 8-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.

Jan 10 – Feb 28

Mondays

7:00 to 9:30 pm

\$ 85/person

\$150/couple

Facilitator: Gloria Bradley

ANGER MANAGEMENT (for adults)

Understand yourself and others better. Improve your strategies for dealing with anger. Learn how to recognize when you are in danger of "losing it". This 10-week program is for men and women who have a problem in expressing anger constructively.

Jan 11 – Mar 15

Tuesdays

7:00 to 9:30 pm

\$110/person

Facilitator: Charlene Yetman

NURTURING SELF-ESTEEM

This 8-week program is designed to help you discover your own personal power to build self-esteem. A positive step towards a more joyful, satisfying life.

Jan 11 – Mar 1

Tuesdays

6:30 to 9:00 pm

\$ 85/person

\$150/couple

Facilitator: Natalie Lawrence

ADULT CHILDREN OF ALCOHOLICS:

Growing Through Letting Go

(22 hrs) How do the personality traits and roles we develop while growing up in an alcoholic family impact our daily lives? This 9-week program will familiarize you with the basic issues common to adult children of alcoholics and will offer suggestions for change.

Jan 13 – Mar 10

Thursdays

6:30 to 9:00 pm

\$100/person

\$175/couple

Facilitator: Gloria Bradley

PROGRAMS / COURS	DATES	FEES / FRAIS
PARENTS TAKING CHARGE OF ADHD This 10-week program will increase your understanding of Attention Deficit Hyperactivity Disorder. It will offer strategies to help improve parenting skills. Research shows education is the most effective treatment in the long term.	Jan 19 – Mar 23 Wednesdays 7:00 to 9:30 pm <u>Facilitator:</u> Louise Davidson	\$ 10/person (Sponsored by Commu- nity Mental Health)
STEP This is a 9-week program for parents of children aged 6 to 12, who want to raise responsible children and feel more adequate and satisfied as parents. It provides a practical approach to parent-child relations.	Jan 20 – Mar 17 Thursdays 7:30 to 9:30 pm <u>Facilitator:</u> Susan Lunney	\$ 85/person \$150/couple
PARENTING YOUNG CHILDREN This 8-week program will be of interest to parents of children from birth to age 5. It will enable you to build healthy patterns of beliefs and behaviors in your young child—patterns which can form the foundation for a lifetime of positive growth.	Jan 26 – Mar 16 Wednesdays 7:00 to 9:30 pm <u>Facilitator:</u> Kelli Etheridge	\$ 85/person \$150/couple
MINDFULNESS-BASED STRESS REDUCTION This 9-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.	Feb 2 - Mar 30 Wednesdays 7:00 to 9:30 pm *(Cost includes book & tapes) <u>Facilitator:</u> Simonne Preston	\$150/person* \$250/couple*
STEP/TEEN This 8-week program is designed specially for parents with teenagers. The goal is to give parents practical skills in problem-solving and improving communication.	Feb 10 – Mar 31 Thursdays 6:30 to 9:00 pm <u>Facilitator:</u> Maria Desroches	\$ 85/person \$ 150/couple
AS PARENTS GROW OLDER This 7-week program is designed for adult children concerned about their aging parents or relatives living in their homes, with a family or in the care of others. Topics include: exploring the aging process; dealing with feelings; decision-making; and community resources.	Mar 14 – May 2 Mondays 6:30 to 9:00 pm <u>Facilitator:</u> Deborah Odell	No Fee (Sponsored by Family & Community Services)
MANAGING YOUR INCOME Money management is more than working with numbers! This 2-hour workshop will enable you to look at budgeting in a different way.	March 15 Tuesday 7:00 to 9:00 pm <u>Facilitator:</u> Natalie Lawrence	No Fee (United Way)
BELIEVE IN YOURSELF An 8-week program for teens! This self esteem group for teenagers age 14, 15 & 16 is designed to help you learn new skills and gain confidence through fun activities and discussion.	Mar 22 – May 10 Tuesdays 5:00 to 6:30 pm <u>Facilitator:</u> Natalie Lawrence	\$ 65/person

PROGRAMS / COURS	DATES	FEES / FRAIS
ANGER MANAGEMENT FOR TEENS Anger ! Frustration ! What do I do with it ? You will find out more about managing and expressing your emotions. You will also learn effective communication and stress management skills in this 7-week course.	Mar 24 – May 12 Wednesdays 4:30 to 6:30 pm <u>Facilitator:</u> Charlene Yetman	\$ 75/person
PARENTS D'ADOLESCENT(E)S Voici une opportunité d'échanger avec d'autres parents d'adolescent(e)s et d'apprendre de nouvelles habiletés de communication, de gestion du stress, de favoriser la responsabilité et la confiance en soi chez les jeunes. Nous aborderons les sujets tels que la sexualité, les drogues/alcool, le suicide ainsi que le développement à l'adolescence. Durée: 6 sessions.	Apr 2 – May 7 les samedis 9h00 à 11h30 <u>Animatrice:</u> Annie LePage	\$ 65/personne \$125/couple
STRENGTHENING COUPLES This 6-week program is for couples who want to improve their relationship with one another. You will learn skills which will enhance your everyday living as a couple.	Apr 4 – May 16 Mondays 7:00 to 9:00 pm <u>Facilitator:</u> Eric Vautour	\$150/couple
MANAGING PERSONAL STRESS (8 hrs) Live a more balanced life! In this 4 week program, you will learn stress control techniques which can lead you to a healthier and more satisfying way of living.	Apr 6 - Apr 27 Wednesdays 7:00 to 9:00 pm <u>Facilitator:</u> Susan Lunney	\$ 40/person
THE ART OF FORGIVING (6 wks) Forgiveness is an action and not a feeling. You cannot feel it until you have done it. At this workshop, we take action to forgive those who have hurt us. In addition, we learn strategies to add positive experiences to our lives and become whole again.	Apr 6 – May 11 Wednesdays 6:30 to 9:00 pm <u>Facilitator:</u> Barbara Rombough	\$ 75/person
ASSERTIVE COMMUNICATION (4 hr workshop) During this overview of communication styles, you will learn various examples of effective assertiveness techniques.	May 14 Saturday 10:00 am to 2:00 pm <u>Facilitator:</u> Gloria Bradley	\$ 25/person \$ 45/couple

CRITICAL INCIDENT STRESS DEBRIEFING

*Services for traumatic events are offered to both individuals and groups.
 Its purpose is to help people understand normal reactions to trauma
 and to avoid Post Traumatic Stress Disorders.
 Group services are delivered On Site.*