



Resolutions: Setting Goals & Making changes

Tuesday, January 16 | 6:30-8:30pm

It's the dawn of the New Year! Now that holidays are over, many of us are setting goals for the new year. Whether you want to break old habits, start something new, or make a positive change in your life, this workshop is for you. Together we'll learn how to set positive, empowering, realistic goals, and gather the tools we need to achieve them. Through Cognitive Behavioral Therapy, we will learn how to turn New Year's resolutions into healthy, long-term changes.

Relationship Changes

Tuesday, February 6 | 6:30-8:30pm

When a significant relationship ends, feelings of sadness, anger and bewilderment are normal. This workshop will address grieving when significant relationships end, redefining yourself, healing and moving on.

Money Matters

Monday, February 12 | 6:30-8:30pm

As you move through all of life's stages, your financial needs and responsibilities evolve. This workshop will help individuals to learn about the importance of budgeting and financial literacy through life's many transitions.

Adjusting to Life with Chronic Pain

Monday, March 5 | 1:00-3:00pm

Living with chronic pain is often overwhelming and isolating. This workshop will cover understanding pain, mindfulness skills, self-care strategies, pacing, exploring grief, and ways to move forward with pain.

Unless otherwise indicated, there are no fees for these workshops. Please call for more information.

Call **519 743 6333** for
information or registration

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