MEDIA RELEASE

CARIZON HELPS INDIVIDUALS MAKE CHANGE POSITIVE

Kitchener – This fall, Carizon is introducing a new wellness education series “Life Transition Workshops.”

“Life is never constant and we all have to manage change in our lives, whether it is ending a relationship, graduation and finding our career paths, aging, or grief and loss,” says Carizon’s Director of Clinical Counselling, Shannon Nicholson. “This series will help people to normalize what they are feeling and to find tools and resources to better manage challenging times.”

Each workshop is dedicated to addressing one of life’s significant transitions. The series kicks off on October 24th with “Relationship Changes,” addressing feelings of anger, sadness and grief when a significant relationship ends, and developing the ability to redefine oneself, heal and move forward. Each workshop in the series is $25, but subsidies are available on a sliding fee scale.

“Like all of our services, we want to be able to help individuals regardless of their ability to pay,” says CEO Tracy Elop. “While all of our programs have costs, we try to remove any barriers to service by negotiating fees based on financial circumstances.”

The Life Transition Workshops complement a breath of counselling services offered by Carizon including individual, couple and family counselling, credit counselling, walk-in counselling on Tuesdays from 12 noon – 6 p.m., and group programs.

To learn more about Carizon’s Counselling Services and the Life Transition Workshops, visit our website at www.carizon.ca. Workshop space is limited and registration is required by calling Carizon at 519-743-6333.

For more information, please contact:
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Carizon is a multi-service community organization committed to improving the future of individuals and families through supportive, therapeutic and preventative programs. Carizon specializes in children’s mental health, youth engagement and development, family violence services, individual and family counselling, parental support and education, credit counselling, workplace resilience, settlement support and community wellness.

www.carizon.ca