



### Dealing with Difficult People

Thursday, April 12 | 1:30-3:30pm

The world is full of difficult people...co-workers, customers, neighbours, family and ourselves. They cannot always be avoided. It's easy to over-react to difficult people, which leads to a stressful and conflicted situation. This workshop will help you develop strategies in dealing with difficult people.

### A Fresh Start: Setting Goals & Making Changes

Monday, April 16 | 5:30-8:30pm

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.

### Money Matters

Monday, April 30 | 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.

### Work/Life Balance

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

When life gets complicated, and it does when we play many different roles - workers, parents, spouses, friends, and caregivers - we need to make room in our lives for taking care of our own physical and mental well-being. Not surprisingly, achieving balance among all those competing priorities is difficult. This workshop will help you develop strategies to find greater balance.

*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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