



Relationship Changes

Tuesday, October 24 | 7:00-9:00pm

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.

After Graduation

Tuesday, November 7 | 6:30-8:30pm

Designed for 17/18 year olds who are approaching graduation, this workshop aims to help prepare these individuals for their upcoming transition out of high school and how to handle the challenges of this life transition.

Guiding Your Graduate

Tuesday, November 7 | 6:30-8:30pm

Graduating from secondary school can be a challenging time for teens and their families. This workshop provides parents with useful information and strategies to effectively support their children through the post-secondary transition and beyond.

Actively Aging

Thursday, November 9 | 2:00-4:00pm

What does it mean to actively age - physically, emotionally, and cognitively?

Money Matters

Monday, November 20 | 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. *(No fee.)*

Coping with Grief and Loss

Thursday, November 23 | 6:30-8:30pm

Major personal losses are certainly causes for deep sadness, but they also create major life-transitions requiring hard 'work': emotionally, mentally, spiritually and physically. This workshop discusses the challenges of these difficult transitions.

Update your Brain to Upgrade your Life

Thursday, November 30 | 6:00-8:00pm

In this workshop, begin understanding how your brain works, how you can update your habits and emotions, and help to re-wire your brain with new thoughts and beliefs that will help you transform your life.

Unless otherwise indicated, cost for workshops is \$25. Sliding Fee Scale available, please call for more information.