

Upcoming Programs Fall 2016

Family Enrichment

PROGRAM / EVENT	START DATE	COST
<p><u>Changing Tides: A Program for Women:</u> Learn effective ways of interacting with the challenging people in your life! The principles learned in this program will apply to all relationships whether personal or at work.</p>	<p>Eight Tuesdays, starting Sept 20/16 6:30 – 9:00 PM</p>	<p>FREE</p>
<p><u>Changing Ways: A Program for Men:</u> In this 10 week program you will learn ways of interacting effectively with everyone in your life! The principles in this program apply to all relationships including those at work.</p>	<p>Ten Mondays, Starting Sept 19/16 6:30 – 8:30 PM</p>	<p>FREE</p>
<p><u>Assertiveness:</u> If you are interested in learning more about how to be more assertive, this presentation is for you. We will explore the four styles of communication and discuss how being assertive is a healthier option both physically and socially. Learn how to say no without feeling guilty and more!</p>	<p>Ten Mondays, Starting Sept 19/16 4:00 – 6:00 PM</p>	<p>\$ 59 (SUBSIDIES AVAILABLE)</p>
<p><u>Anxiety & Panic:</u> An education/support group to help you change your relationship with anxiety/panic.</p>	<p>Eight Thursdays, starting Sept 15/16 2:30 – 4:30 pm</p>	<p>\$129 (SUBSIDIES AVAILABLE)</p>
<p><u>Grief Support Group:</u> This is a 6-week support/educational program to better understand grief, reconcile yourself with the loss, and learn to nurture yourself in difficult times.</p>	<p>Six Wednesdays, starting Sept 14/16 6:30 – 8:30 PM</p>	<p>FREE</p>



Family Enrichment
and Counselling
Service

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Fredericton, NB
Contact us: (506) 458-8211 or 1-888-829-6777