

UPCOMING PROGRAMS WINTER 2017



**Family Enrichment
and Counselling
Service**

**356 Queen St.
Fredericton, NB
Contact us: (506) 458-8211 or
1-888-829-6777**

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 Jan 17/17 6:30 – 9:00 PM</p>	<p>FREE</p>
Register by: Jan 13th		
<p><u>Caring Dads</u> A program to help fathers improve their relationships with their children and families.</p>	<p>Ten Wednesdays, starting Jan 25/17 3:00 – 5:00 PM</p>	<p>FREE</p>
Register by: Jan 20th		
<p><u>Raising a Spirited Child (5 – 12)</u> Is designed to provide parents with skills to help raise children with challenging behaviors. In this program, you will learn:</p> <ul style="list-style-type: none"> • Healthy and helpful ways to discipline your child • How to understand and redirect misbehavior • Effective ways to communicate with your child • Why taking care of yourself is important 	<p>Six Mondays, Starting Jan 16/17 6:30 – 8:30 PM</p>	<p>\$ 125 OR \$175 COUPLE (SUBSIDIES AVAILABLE)</p>
Register by: Jan 13th		
<p><u>Anxiety & Panic For Teens:</u> An education/support group to help teens change their relationship with anxiety/panic.</p>	<p>Eight Mondays, starting Jan 16/17 4:30 – 6:00 PM</p>	<p>\$99 (SUBSIDIES AVAILABLE)</p>
Ages 16 – 19		
Register by: Jan 13th		
<p><u>Anxiety & Panic</u> This session will provide an overview of the prevalence and causes of anxiety and panic and will introduce some practical strategies to help reduce anxiety and panic as well as cope more</p>	<p>Eight Wednesdays, starting Jan 25/17 6:30 – 8:30 PM</p>	<p>\$ 129 (SUBSIDIES AVAILABLE)</p>

effectively with the distress they cause.	Register by: Jan 20th	
<u>Craving Change</u> This Lunch and Learn is a How-to-Guide for Changing Your Relationship with Food	Six Tuesdays, starting Jan 17/17 12:00 – 1:00 PM Register by: Jan 13th	\$ 60
<u>Second Time Around</u> Grandparents rarely plan to raise a second generation of children. Yet, for a variety of reasons, a growing number are taking on the responsibility of providing full-time care for grandchildren. This group is designed to help with these challenges	Eight Wednesdays, starting Jan 25/17 9:30 – 11:30 AM Register by: Jan 20th	\$ 49 OR \$ 80 A COUPLE
<u>Overcoming OCD</u> This is an education and support group to help individuals struggling with the effects of OCD	Eight Thursdays, starting Jan 25/17 6:30 – 8:30 PM Register by: Jan 20th	\$ 129 (SUBSIDIES AVAILABLE)



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