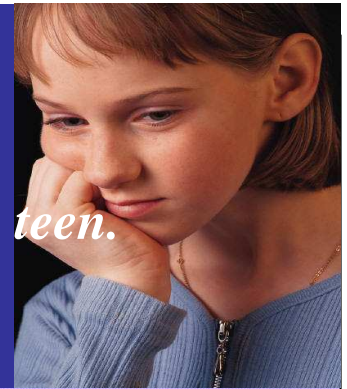


Second Stages Group

Connecting with your depressed or anxious teen.



Second Stages Group Dates

The dates for the 2008 Second Stages Group will be set according to participants' needs and registration. Given the limited space and high demand, participants for this group will be chosen according to suitability and will be required to meet for a pre-screening interview.

For further details and to register for the upcoming group, please contact the Group Facilitator, Pam Fanjoy, at: (416) 551-4311 or (905) 844-9966

Children's groups and parent workshops are offered evenings and Saturdays throughout the year. In addition, single session workshops on a variety of topics are run on an ongoing basis.

Groups take place at our **NEW Toronto** location at 240 Arlington Avenue, Unit B (Christie/St. Clair area) and in our **Oakville** office at 345 Lakeshore Road East, Suite 222 (just east of Trafalgar Road.)

Second Stages Group

The Second Stages Group is geared specifically to parents who have successfully completed the Pathways to Success Group. In a small group setting, parents will learn additional practical strategies for helping their teen recover from depression or manage their anxieties. Emphasis will be placed on effectively communicating with your adolescent during this time; dealing with substance abuse and other forms of self harm; and fostering internal responsibility in your teen.

Week 1: *Talking so your teen will listen and listening so your teen will talk.*

Week 2: *Substance abuse and other forms of self harm.*

Week 3: *Letting go and fostering internal responsibility in teens.*

Week 4: *Maintaining and creating hope.*

Cost: \$275 plus G.S.T.

***Receipts provided for insurance coverage.**

Please visit our website at www.facilitatingchange.ca



Pam Fanjoy, MSW, RSW is a Registered Social Worker specializing in individual and family therapy to teens experiencing depression and/or anxiety, eating disorders, trauma, school related problems and parental separation.



Sheila Brown & Associates
Counselling, Mediation & Consultation

Sheila Brown, MSW, RSW, Acc. FM is a registered Social Worker and Accredited Mediator, who operates a counselling and mediation practice in Oakville, specializing in separation and divorce related issues.

Together, Pam and Sheila offer a broad range of individual, family, and group services