



Community Counselling
& Resource Centre

www.ccrcc-ptbo.com

managing change effectively

an 8 week program for men

a psycho-educational group to enhance:

- ▣ effective communication in change situations
- ▣ coping with stress & social change
- ▣ conflict resolution & anger management in tense situations
- ▣ social change & loss

- ▣ rapid social change is an ever present reality which stretches men's social & psychological resources
- ▣ whether unemployment, separation or loss in general, sudden changes cannot be ignored and need to be responded to in an appropriate and healthy way
- ▣ This group aims at providing some strategies and tools that can help men respond rather than react, flex rather than snap and act rather than stand still

who:

- ▣ men coping with unemployment, separation, & other challenging life transitions
- ▣ self referred or 3rd party referral

where:

- ▣ Community Counselling & Resource Centre:
459 Reid Street, Peterborough

- ▣ group consists of 8 sessions, 90 minutes each, once a week; Mondays from 6:30-8:00pm

to register please call 705-742-4258

