



# Three Group Training Programs

Fall/Winter 2017

Vital  
Connection:  
Parenting

Making Sense  
of  
Adolescence

Understanding  
Your  
Emotional  
Selves



# Vital Connection

A Neufeld Institute Program

**Dates:** Sunday, Oct. 15 – Sunday, Dec. 3, 2017

**Time:** 9:00 am – 11:00 am

**Location:** 53 Shouldice Crescent, Kanata, ON K2L 1M8

Parenting is harder than it has ever been in the past. Many parents struggle to assert their natural power to parent, citing personal and societal shifts that complicate parenting in today's culture. In this program, participants are exposed to concepts related to creating, maintaining and restoring the parental connection that is critical to raising children in today's world, and vital to those more difficult to manage, or 'stuck,' children. Program topics include: dealing with resistance in children, addressing the roots of aggression, preventing competing attachments, and discipline that does not damage relationships.

**Program Cost:** \$225.00 (cash or cheque) This includes eight 2-hour sessions, for a total of 16 hours of work together. Please note: All Programs are between 8-12 participants.

**Location Directions:** 417 to Eagleson Road turn off. Go South to Rothesay Dr. (right turn after Fire Station). Follow Rothesay Dr. to Shouldice.

**REGISTRATION:** Please register via phone 613-447-5041 or email [gerald@ottawatherapy.org](mailto:gerald@ottawatherapy.org)



# Making Sense of Adolescence

A Neufeld Institute Program

**Date:** Sunday, Oct. 15 – Sunday, Dec. 3, 2017

**Time:** 1:00 pm – 3:00 pm

**Location:** 53 Shouldice Crescent, Kanata, ON K2L 1M8

Adolescence has been an ever-growing stage of development, changing from a few years to nearly double its length today. Consequently, adolescence often seems rife with difficulties and complications. Participants are presented with insights into the adolescent brain, the three changes that occur, adolescent rites of passage, and the two different tracks to adolescence. Topics include: peer orientation, when rebellion is healthy and when it is not, alternative paths to adulthood, the difference between relationship problems and behavioral problems, the role of internal conflict, and how to hold on without holding back.

**Program Cost:** \$225.00 (cash or cheque) This includes eight 2-hour sessions, for a total of 16 hours of work together. Please note: All Programs are between 8-12 participants.

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# Understanding Your Emotional Self

**Date:** Sunday, Oct 15 – Sunday, Dec. 3, 2017

**Time:** 1:00 pm – 3:00 pm

**Location:** 53 Shouldice Crescent, Kanata, ON K2L 1M8

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## Your Facilitator

Gerald F. Joy, MSW, RSW, RMFT  
RMFT Approved Clinical Supervisor  
Newfeld Institute Course Facilitator

Gerald has over twenty years of experience working with individuals, couples, and families. He has worked in the fields of Child Welfare, Education, and Mental Health; and is a former E.A.P. agent. Gerald currently has a private practice in Kanata, Ontario.

Trained as an Emotion Focused Therapist and in the area of Developmental Attachment, Gerald has dedicated his efforts to understanding emotions; how they develop and how they interplay with those we care about.

Gerald is an avid cyclist, kayaker and a proud grandfather of two great children. When not in his office, Gerald can be found on the road cycling, on the water kayaking or playing with his grandkids.

