



# *Gerald F. Joy CD*

*MSW, RSW, RMFT*  
*Educational and Therapeutic Group*

**Change** is both evolutionary and socially driven, while **Growth** may be defined as the ability to adapt to the change in our lives. The struggle we face with the change in our lives can be extreme and we may often benefit from some form of therapeutic treatment, such as individual and/or group therapy.

**Group therapy** provides a powerful opportunity to share and learn from others in a safe and supportive environment while working towards individual growth and change.

An experienced facilitator, Gerald has organized and facilitated a number for groups over the past 20 years, particularly in the areas of Parenting, Emotion, and Mental Health concerns.

Gerald offers a number of group programs in the Fall and Spring of the year. Please view the 'Spring 2018, Group Listing' provided.

## **GROUP LOCATION AND CONTACT INFORMATION:**

**53 Shouldice Crescent**

**Kanata, Ontario**

**(613) 447-5041**

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# Spring 2018, Group Listing

## Parenting Groups

### 1) **Power to Parent series; --- Vital Connection** (from, Neufeld Institute)

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.

### 2) **Making Sense of Adolescence** (from, Neufeld Institute)

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.

## Mental Health Groups

(**Note:** Participants attending Mental Health groups will require a pre and post individual session to set appropriate individual goals and then to measure individual outcomes.)

### 3) **Anger and Frustration**

The field of emotion has grown dramatically over the years with conflicting ideas around construction and purpose. This program will guide participants through the research, generate insight into their own emotional selves, and provide practical strategies on how to work with emotions. This is a psych-educational and experiential program supported by enhanced learning techniques.

### 4) **Anxiety and Depression**

Anxiety and Depression while different are connected in that they both are at play within the emotional field. Anxiety triggers emotional alarm towards worry, caution and avoidance; while depression sits on the opposite end of the continuum actively shutting emotion down or numbing emotions. This program works to educate and provide insight into anxiety and depression; how it works, how we can manage it, and how insight can work to limit or reduce it.

**NOTE:** All groups start on Sunday the **8<sup>th</sup> April 2018** and will run once a week, for a total of **8 weeks**. To register you will need to contact Gerald F. Joy via phone or email. Group times are to be determined (TBD).

Each session will be **2 hours long** and each group will run for 8 weeks, with total cost of **\$30 per session or \$240 for 8 sessions**.

***Please know that seats will fill quickly, so please book soon!***