

# MENDING FENCES

## Starting May 17, 2022

A 6-week psychoeducation group offered online for parents who are finding it challenging to work with or communicate with their co-parent after a separation or divorce.

### Topics include:

- communicating effectively with your co-parent
- learning to create boundaries
- managing tough emotions and emotional triggers
- learning to be assertive
- protecting children from conflict

## DATE

**Tuesdays | 4 - 6 p.m.**

May 17 - June 21, 2022

## FEE

**Sliding scale, \$5-80 per session**

## REGISTRATION

Contact Family Service Toronto Service Access Unit.

**416.595.9618**

