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