



MEN'S SEPARATION AND DIVORCE GROUP PROGRAM

This group therapy program is for men who are dealing with separation and/or divorce and who want both insight into the experience and support in rebuilding their lives. This program is offered at our West End Ottawa office. Participants will have the opportunity to learn about:

- Ways to cope within various stages of transition
- The role of historical patterns in one's family of origin and the influence it plays in primary relationships
- What makes relationships succeed and fail
- Overcoming loss and depression
- Effective communication skills - identifying the healthy expression of needs and emotions
- Understanding yourself as a man
- Overcoming mistrust and dealing with jealousy
- Recognizing patterns of blame and responsibility in relationships
- Honouring emotional integrity and respect
- Rebuilding a new sense of identity

An equal emphasis will be placed on emotional awareness as well as skills development. Participants must make a minimum ten week commitment to the program. An assessment interview is required for entry to the program.

The program is offered in Ottawa at the Nepean, Rideau and Osgoode Resource Centre which is located at the Merivale Mall.

The Facilitator/Therapists for this program are Andria Fry, M.Ed., C.C.C. and Alan Kenworthy, Ph.D., C.Psych.

Services may be covered under private insurance. Contact **Intake Services** at (613) 230-6179, ext. 221 for start dates, information and/or to arrange an assessment interview.