

INDEPENDENT / FREE PRESS

# Health & Fitness

## Mental Health Association offers seminars for separated

Recently separated? The Canadian Mental Health Association, Halton Region Branch, is offering seminars for the Separated, starting Tuesday, April 25 and running to June 27 at the Bennett Health Care Centre.

This is a 10-week program with lectures, readings and discussion. Topics addressed are The Stages of Separation, From Grief to Growth; Communication with your Ex., Breaking out of old

Patterns; Legal Aspects of Separation; Parenting After Separation; Rebuilding Self-Esteem; Coping with Stress; Healthy Relationships and Life After Divorce.

The program has been running since 1985 ten years in Burlington. Due to demand for service, CMHA has started offering the programs in Oakville, Milton and now, Georgetown. There are now approximately 200 people a year going through the program.

Through the lectures, group discussions and readings, participants learn to what degree their reactions, denial, anger (rage), depression, and in some cases, euphoria, are normal. They learn what to expect and how long the recovery period should take. Through the self-help aspect of the program, they have the opportunity to help and support each other and to form new support systems (friends).

Many people have moved into Halton

recently and when the marriage breaks down, they find themselves really isolated. With each group, a close bond usually forms. Many of the groups continue to meet informally long after the program finishes.

All the group leaders and speakers are volunteers. The group leaders are graduates of the seminars themselves.

For more information, or to register, call Lisa Lachapelle at (905) 845-5044 ext. 302.

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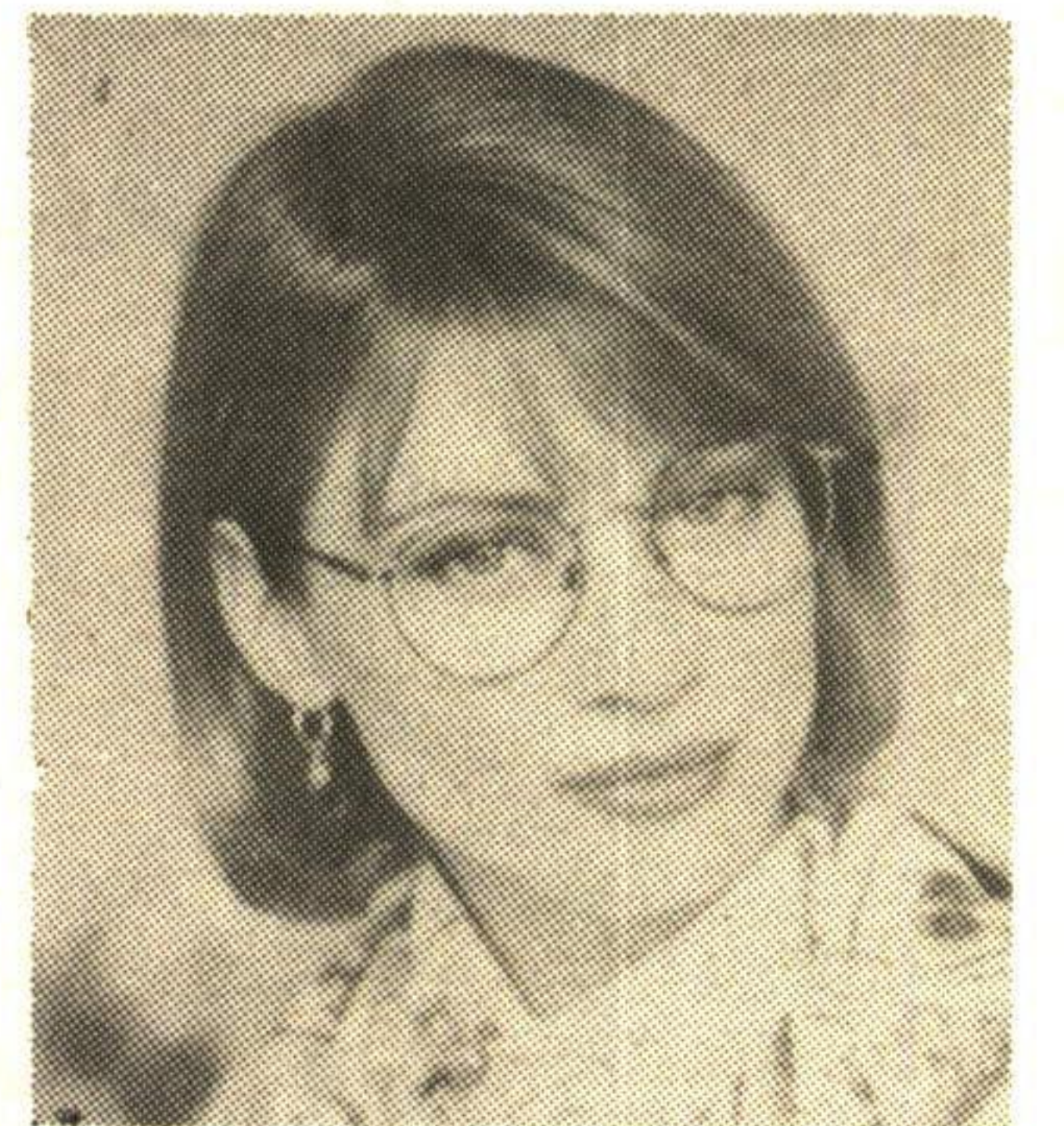
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