

Markham Family Life Centre

Women to boost self confidence in group

By PAULA CROWELL
Staff Reporter

Do you ever get the feeling that you're not in charge of your life anymore?

A Markham counsellor said many women experience this feeling at different stages in their lives, but often they have no idea how to ease the problem.

Joan Shaw of the Markham Family Life Centre will be leading a support group dealing with women and their self confidence. Mrs. Shaw is a therapist with experience working with individuals, families and married couples.

She explained that some of the women she meets through her job

feel trapped. They may be at home and want to return to work or they may be working and feeling guilty about not being home with their children.

"People go in (to the group) feeling, 'I have a unique problem', but by having people realize their problems are not unique we can find ways of getting at them," Mrs. Shaw explained. "A lot of people don't know what they need. They come here to discover how to learn to ask for what they need."

The support group is run informally and participants pay by the session so that attendance is optional. Mrs. Shaw recommends attending a month of the weekly

sessions to derive the most benefit.

The group caters to divorcees, widows, housewives and women working outside the home who are dissatisfied with their situation.

The counsellor said the group's aim is to help women experiencing mild depression or general unhappiness. It isn't a psychiatric group.

The women's support group will begin meeting in January on Thursday nights from 8 to 10 p.m. at the Milliken branch of the Family Life Centre, 1151 Denison St. Suite 10.

Sessions cost \$15 per person. New members are welcome to begin attending anytime.

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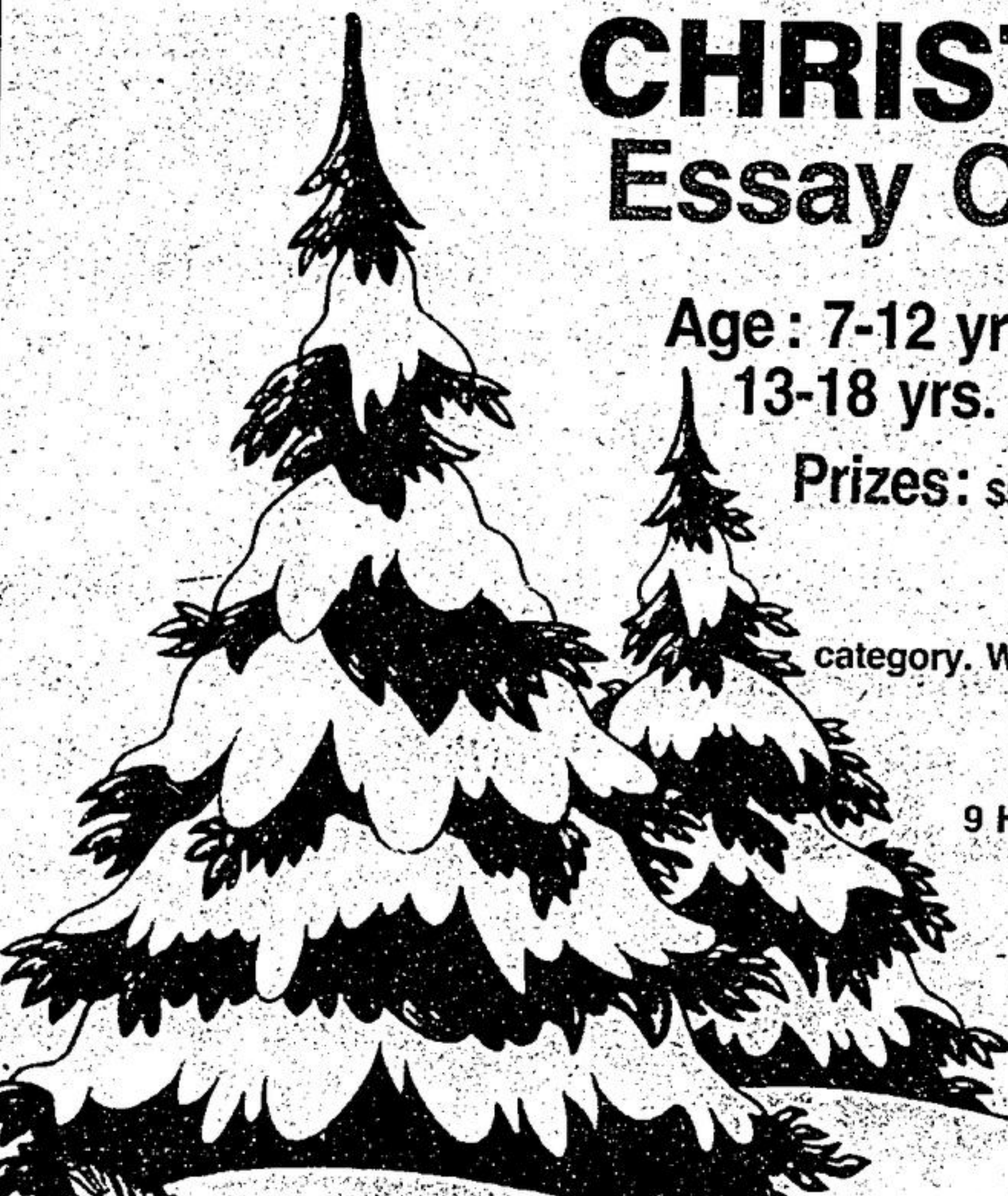
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