



Media Advisory

For immediate release

Family Life Education Workshops at your Clarington Public Library

April 2, 2012—Clarington Public Library (CPL) has partnered with Durham Region Family Services to offer three Family Life Education workshops. Each workshop is geared to help members of the community gain skills and learn about managing a healthy family life.

“We are happy to host these programs in Clarington as these workshops are generally only offered in Whitby at the Durham Region Family Services offices,” says Sarah Vaisler, Marketing and Communications Coordinator for the Clarington Public Library. “It’s a great opportunity for Clarington community members to learn more about challenging family issues.”

CPL is hosting three workshops from the Family Service’s Department: The Sandwich Generation, Bully-Proofing, and Helping Children Cope with Separation and Divorce. The workshops are facilitated by qualified family counsellors in a group setting that encourages participants to share personal experiences.

“The workshops are all about a supportive, secure learning environment,” states Heather Martin, Director of Family Services. “We want participants to feel safe in sharing personal challenges and triumphs with one other. The practical information and tools these workshops provide can be of great assistance in people’s everyday lives. Each topic is tailored to meet the needs of our community.”

As space is limited, advance registration is required for all of the workshops listed below. A cost of \$10 for each workshop is due at the time of registration.

The Sandwich Generation

Newcastle Branch

Wednesday, April 18th, 6:00 to 8:00 p.m.

Feeling sandwiched between caring for aging parents and caring for children? This workshop is here to help. Discussion points may include confusion and memory loss, care giving guilt, maintaining elder independence, breaking barriers to the community, finances, and health care.



Bully-Proofing

Newcastle Branch

Wednesday, May 9th, 6:00 to 8:00 p.m.

We invite parents with children of all ages to confront bullying. This program will define bullying and will explore strategies to respond to suspected bullying behaviour. Let's remove all children from being the "bullied kid" and break the cycle of violence.

Helping Children Cope with Separation and Divorce

Newcastle Branch

Wednesday, June 4th, 6:00 to 8:00 p.m.

In this workshop parents with children of all ages are able to develop strategies to support their child's adjustment to separation and divorce. Discover how children grieve at each stage of development, what factors affect a child's successful transition, and parenting strategies to support a child's adjustment to separation and divorce.

To register please visit any Clarington Public Library branch. For more information on these programs please visit: www.clarington-library.on.ca/libraryguide.

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Contact:

Sarah Vaisler
Marketing & Communications
Coordinator
905-623-7322, ext. 2705
svaisler@clarington-library.on.ca
www.clarington-library.on.ca

Donna Butler
Business Development and
Employee Assistance Program Manager
T 905-668-4113 ext. 2645
Donna.Butler@durham.ca
www.durham.ca