

Break up Recovery:

A day-long workshop

Dates:

- Saturday, January 28, 2017, 9:30 - 5pm
- Saturday, April 22, 2017, 9:30 - 5pm

Have you gone through a break-up?

Are you struggling with moving forward?

Do you wonder why this feels so intense or why it's taking so long to get over it?

Do you wonder if this is part of a pattern for you?

The Break-Up Recovery Day-long Workshop will teach you:

- How the pain of break-ups is explained by neuro-science
- Skills to cope better with being single
- Tools for managing difficult emotions
- About your own attachment history
- How to form meaningful connections in the future

People of all genders, sexual orientations, and relationship types welcome

Program Fee: \$320 includes lunch and an in-person intake

Employer Psychotherapy benefits may be eligible

Offering Hope That You Can Love Again

Contact: Brenda Ponick at 647-228-4582
or brenda@brendaponic.ca



Brenda Ponick, MSW, RSW

Brenda has been a trauma therapist for over 30 years. She has worked extensively within the queer and trauma services communities. She was lead social worker at a local Family Health Team until she recently went into full-time private practice.

647-228-4582

www.brendaponic.ca



Matt Eldridge, MSW, RSW

Matt has been a social worker/therapist for the last 5 years. Before that, he was a competitive gymnast and performed with Cirque du Soleil. He understands the pain of break-ups and the wellness and healing that can come from establishing healthy relationships. Matt believes we can all recover from our pasts, and grow to develop successful relationships, both with ourselves, and others.