



FALL  
2011

## Professional Development Workshops

Vancouver

CEDS is pleased to announce its  
Professional Development

workshops available for  
Fall 2011- Spring 2012

For more information visit our  
website:

[www.fsgv.ca](http://www.fsgv.ca)

or call

604-638-3390 ext. 3166



United Way  
of the Lower Mainland

Family Services of Greater Vancouver  
Community Education & Development Services  
1638 E Broadway, Vancouver  
Registration: 604-638-3390

### Practically Perfect Facilitation

Just as there are not perfect participants, there are no perfect group facilitators. As experienced facilitators know, every group is different, and every group brings new challenges and opportunities for facilitators to grow and strengthen their skills. This two-part workshop is an opportunity to develop your skills in understanding and meet the needs of individual participants without losing sight of your group goals. You'll discover the practical tools and essential skills to make your groups more productive, focused and engaging. Ideally you attend both Part 1 and 2 as that will give you an opportunity to return to the groups you facilitate and do something new and return for additional learning and tips.

**Date:** Thursday, October 6th &  
Thursday, November 3rd, 2011  
**Trainer:** Elaine Stoll  
**Time:** 09:30 am - 12:30 pm  
**Fee:** \$55.00 per session

### Understanding Anger Better

Join us in this workshop in order to understand the strong emotion of anger better whether it is in your work with your clients or on a more personal basis. The facilitator has worked with client's anger for over 25 years and facilitates a program for men who are on probation for relationship violence as well as working with women on their anger. You will learn several key places to focus on when the intensity of anger begins to surface.

**Date:** Thursday, February 2nd, 2012  
**Trainer:** Elaine Stoll  
**Time:** 09:30 am - 12:30 pm  
**Fee:** \$55.00

### Boundaries and Emotions

This workshop will focus on understanding the relationship between a lack of impulse control and boundary violations. This can be a problem for the clients we work with and it can also be a problem for those offering the help. Life brings many challenges and problems to solve and while emotions are an essential aspect of being human, we must continue to upgrade our emotional skill levels as a way to prevent boundary violations. Learn more about the connection between emotions and boundaries and then teach this connection to your clients.

**Date:** Thursday, December 1st, 2011  
**Trainer:** Elaine Stoll  
**Time:** 09:30 am - 12:30 pm  
**Fee:** \$55.00



For more information,  
please check our website at  
[www.fsgv.ca](http://www.fsgv.ca)

## Developing Client Resilience

More than just a concept, resilience offers a pragmatic tool.

The workshop's respectful and interactive approach to teaching (including practice-circles, discussions, and other exercises) will encourage the participants to share their experiences and skills with one another and to build on their own strengths. Topics will include:

- the 4 engagements of resilience
- resilience and self esteem: connection and empowerment
- resilience and the well-lived life: identity and vision
- resilience and the community
- re-visioning community resources
- creating a "Community Resource Map"

**Date:** Friday, March 16th, 2011

**Trainer:** Darien Thira

**Time:** 09:30 am - 12:30 pm

**Fee:** \$55.00

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## Lighten-up (Alternative Approaches to Dealing with Stress in the Work Place)

Dealing with stress determines how successful you are in life and in your profession. Is your 'Stress Management Tool-Kit' packed with techniques that enable you to remain in balance no matter what situation arises? In this workshop you will experience and learn:

- how to use your body to recognize and release stress
- simple techniques to defuse stressful situations
- effective methods to transform negative reactions into positive responses

**Date:** Friday, April 6th, 2012

**Trainer:** Gary Bello

**Time:** 9:30 am - 12:30 pm

**Fee:** \$55.00

### For suggestions and inquiries contact:

**Family Services of Greater Vancouver**  
Vancouver Office: 604-638-3390  
201 - 1638 East Broadway,  
Vancouver, BC V5N 1W1

**New Westminister Office: 604-525-9144**  
3rd Floor, 321 Sixth Street,  
New Westminister, BC V3L 3A7

## OUR INSTRUCTORS

**Gary Bello, MA**, (*Integral Psychology - a comparison of Eastern and Western approaches to mental, emotional and physical well-being*), Hatha Yoga and Meditation Teachers' Certificate. Gary has a wealth of training and experience which ranges from being the co-founder of "Stress Reduction Center" in Burlington, Vermont to past executive director of Montreal's "Integral Yoga Institute". After 40 years of studying and practicing yoga and meditation, Gary now travels the US and Canada offering his fusion of Western psychology and Eastern philosophy.

**Elaine Stoll, BA, RTC**, registered clinical counsellor with over 25 years in the helping professions. Elaine works with both men and women who use violence. She counsels teens, adults, couples as well as contracts her teaching/training skills to corporations and organizations. Elaine is also an instructor in Choice Theory with the William Glasser Institute, L.A.

**Darien Thira, PhD**, serves as a community development/mental health consultant for many communities across Canada and offers training workshops and clinical consultation related to a variety of communications, trauma, and crisis related fields. His doctoral dissertation related to aboriginal suicide resilience and social activism and he is involved in further resilience research at the University of British Columbia. In relation to suicide prevention, "Through the Pain", a culturally driven community-based program has been used program has been used in over 40 Aboriginal communities across the country and as a national program in Australia. Darien has presented workshops at many local, provincial, national and international venues.

**Programs may be cancelled due to low pre-registration.**

### Refund Policy

Requests for refunds must be received 3 full working days before the class starts. 20% of the fee will be charged for refund processing. All refunds are made by cheque (except in the case of a credit card transaction). Please allow 3 weeks for processing.

