

Spring 2018 Schedule

1 Up Single Parent Resource Centre

Courses

One Day Events

<p>1 Up Lighthouse Parent – 6 wks</p> <p>When: Thursday 6:00-8:00pm, March 8-April 26 (no class March 22 or April 19th)</p> <p>Facilitator: Lesley McNeely</p> <p>When: Thursday 9:30-11:30, April 26 to May 1, 2018</p> <p>Facilitator: To be announced</p>	<p>Community Meeting</p> <p>When: Tuesday march 13 at 5 pm</p> <p>Where: 2001A Douglas Street, the Child Care Resource and Referral Centre</p>
<p>Healthy Boundaries - 6 wks</p> <p>When: Thursday May 10th to June 14th, 6:30-8:30pm</p> <p>Facilitator: Lesley McNeely</p>	<p>Understanding Children’s Grief</p> <p>When: Tuesday April 10th, 10-noon</p> <p>Facilitator: Allyson Whiteman</p>
<p>Understanding Anger - 8 wks</p> <p>When: Wednesday 6 30-8 30pm April 11-May 28th</p> <p>Facilitator: Barbara Green</p>	<p>A Rediscovery of Self – Picture</p> <p>When: April 4th, 9-noon</p> <p>Facilitator: Edie Copland</p>
<p>Dads with Dads</p> <p>When: Ongoing Wed evening 630-830pm</p> <p>\$1 drop in fee</p> <p>Facilitator: Michael Deloughery</p>	<p>A Rediscovery of Self – Music and Movement</p> <p>When: April 11, 9-noon</p> <p>Facilitator: Edie Copland</p>
<p>Mindfulness</p> <p>When: Friday 12:30-2:30 April 27 – to June 1st</p> <p>Facilitator: TBA</p>	<p>A Rediscovery of Self – Art By Doing</p> <p>When: April 18th, 9- noon</p> <p>Faciliatator: Edie Copland</p>
	<p>A Rediscovery of Self – Discussion and Vocalization</p> <p>When: April 25th, 9 – noon</p> <p>Facilitator: Edie Copland</p>

TURN OVER FOR MAY EVENTS

<p>Unhealthy relationships – the empty well</p> <p>When: May 2nd, 10-12am</p> <p>Facilitator: Lesley McNeely</p>	<p>Self Advocacy</p> <p>When: May 16th, 10-12</p> <p>Facilitator: TBA</p>
<p>Effective Communication</p> <p>When: May 9th, 9-12am</p> <p>Facilitator: TBA</p>	<p>Effects of Shame</p> <p>When: May 23rd, 10-12am</p> <p>Facilitator: TBA</p>