Creating Rest in the Midst of Chaos

Registration Form

Name: _____________________________
Address: ____________________________
City: _______________________________
Province: _____ P.C.: ________________
Phone Number: ______________________

Dates:
- September 10, 2016

Cost: $195/person (Please refer to cancellation policy on inside of brochure)

Method of Payment:
- Cheque: (payable to Cornerstone Counselling Centre)
- Credit Card: □ Visa □ MasterCard
Credit Card #: ________________________
Expiry Date: __________

Signature: ___________________________

Send registration form and payment to:
Cornerstone Counselling Centre
Suite 302 10140 117 Street
Edmonton, AB T5K 1X3
Phone: 780-482-6215 ext. 239
Or fax to: 780-482-7199

Cornerstone's Mission Statement
To demonstrate the love of Christ by providing professional counselling services to help people become renewed and whole.

Other Cornerstone Programs
- Anger Management
- Assessment Services for Students of all Ages
- Circle of Security Parenting Series
- Marriage Preparation
- Mental Health First Aid
- Taming the Anxiety Dragon

Cornerstone's workshop is designed specifically for those who want to find rest within their busy lives.
Creating Rest in the Midst of Chaos Information

DATES
September 10, 2016
Cost: $195 per person

TIMES
9:00 am - 2:00 pm

LOCATION
Cornerstone Counselling Centre
Suite 302 10140 117 Street
Stratica Medical Building
Edmonton, AB

Workbook and refreshments provided
Space is limited. Please register early. Registration deadline is one week prior to workshop.

CONTENT
The rat race has never been faster or more demanding and often it seems impossible to keep up. Learning to accept your limitations, and bring kindness to the places where you've held self-criticism can bring relief from the chaos of modern living. This class will look at negative self-talk, shame, and perfectionism as primary sources of anxiety and depression.

This workshop is for anyone who feels they need to give themselves a break from the demands of life.

Find a restful place in a safe and confidential environment where you will learn new skills that have the potential to transform your life.

FACILITATOR
Rita Martino, M.Sc.
Marriage & Family Therapist, Certified Canadian Counsellor

Rita graduated from the University of Stout Wisconsin, USA in 2004 and has been counselling for 25 years. Rita is Certified Marriage and Family Therapist and a Certified Pastoral Counsellor. She works with Individuals, couples, groups, and families. Rita's strongest interest in counselling is to support, encourage, inspire, and guide each person to grow and find their own strengths to move forward in their lives.