



Cornerstone Counselling Centre

Upcoming Courses

Anger Management

November 19 & 26, 2016
January 14 & 21, 2017
March 4 & 11, 2017
April 22 & 29, 2017
June 10 & 17, 2017

Time: 9:00 am - 4:00 pm
Cost: \$250/person

Facilitators: Jim Chalmers, Steve Mironuck, &
Jennifer Chow

Marriage Preparation

Group Sessions:
March 10 & 11, 2017

Time:
Friday: 7:00 - 9:00 pm
Saturday: 9:00 am - 3:00 pm

Private Session:
Date & Time: By appointment only

Cost: \$350/couple

Facilitator: Jenny McAlister

Mental Health First Aid (Basic)

November 24 & 25, 2016
December 1 & 2, 2016
January 26 & 27, 2017
February 16 & 17, 2017
March 23 & 24, 2017
April 27 & 28, 2017
June 1 & 2, 2017
June 29 & 30, 2017

Time: 9:00 am - 4:00 pm
Cost: \$150/person

Facilitator: Jennifer Chow

Mindfulness

November 30, 2016
Time: 6:30 pm - 8:30 pm
Cost: \$80/person
Facilitator: Jim Chalmers

For more information, visit www.cornerstonecounselling.com/workshops



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