



FAMILY SERVICES of PEEL  
Since 1971

# FAMILY SERVICES of PEEL

## Family Life Education Community Workshops September and October 2011



United Way  
Peel Region

SEPTEMBER						
S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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OCTOBER						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
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23	24	25	26	27	28	29
30	31					

Date	Workshop / Time	Location	Description of Workshop
Monday, September 19 <sup>th</sup>	<b>Dealing with the Winter Blues</b> 2:30pm – 4:00pm	Square One Older Adult Centre 100 City Centre Drive, Mississauga (Program Room)	In this <b>FREE</b> workshop (for individuals whom are over 50 years old), participants will be provided with tips and ideas to help them maintain a state of health and well-being during the winter months.  Facilitator: Joyce Matier
Monday, October 24 <sup>th</sup>	<b>Free Yourself from the Burden of Guilt</b> 2:30pm – 4:00pm	Square One Older Adult Centre 100 City Centre Drive, Mississauga (Program Room)	In this <b>FREE</b> workshop (for individuals whom are over 50 years old), causes and consequences of feeling guilty will be addressed. Participants will be provided with possible solutions to free oneself from guilt.  Facilitator: Kevin Leet

**Square One Older Adult Centre**  
100 City Centre Drive, Mississauga  
(905) 615-3207



**To Register:** Please call Family Services of Peel's Intake Department at **(905) 453-5775** or via e-mail to [fsp@fsp Peel.org](mailto:fsp@fsp Peel.org).