

Many people are concerned that they are over-taxing their friendships by feeling the need to talk a great deal about the shock of the loss of their primary partnership. Although this is normal for such a life changing event, group therapy can provide the safety and confidentiality necessary to fully examine the issues surrounding this life change.

This 8-week long therapeutic support group is designed to support individuals processing the loss and pain of ending a significant personal relationship. It is preferable, but not necessary, that participants have had some prior experience in personal or group therapy. The group is facilitated by caring, experienced psychotherapists who will provide a lightly structured setting for group interactions.



Cindy Hayen, PhDc, RP

Registered Psychotherapist working with individuals and couples since 2007. Primary training in depth psychotherapy, psychodynamic therapy, and marriage and family therapy



Margarete Juiliana, PhD, RP, RMFT

Registered Marriage and Family Psychotherapist working with couples, individuals and families since 2005. Primary training in Emotionally Focused therapy and Marriage and Family therapy.



7:00 p.m.—8:45 p.m. Tuesdays beginning February 21, 2017 \$400.00 (\$50/session) payable in full at registration 50 Wellington Street East, Aurora, ON Contact: (416) 562-9446 info@cindyhayen.com