

SAHARA Couples' Group Program

What is SAHARA Couples' Group Program?
 SAHARA Couple's Group Program is a linguistically and culturally appropriate educational program for Punjabi couples. This group program enhances the couple's ability to communicate effectively, learn problem solving skills, manage unrealistic expectations of each other, improve parenting skills, understand easy ways to adapt to Canadian lifestyle and acquire techniques of mediation and conflict management.

Overview of the Group

What themes are covered?	What will participants learn?
<p>Help couples to:</p> <ol style="list-style-type: none"> 1. understand the four reasons for divorce, which are: <ul style="list-style-type: none"> ▪ Poor Communication Skills ▪ Inadequate Problem Solving Skills ▪ Unrealistic Expectations ▪ Control of Each Other. 2. explore each others strengths and weaknesses; 3. learn effective and positive communication skills; 4. understand the Canadian legal, social work, children's education system; 5. understand the effect of family conflict on children; 6. learn problem solving skills; 7. learn "decision making" skills; 	<p>The participants will be able to:</p> <ol style="list-style-type: none"> 1. identify each others strengths and weaknesses; 2. acquire effective communication skills; 3. better understand the Canadian legal, social work and children's education system; 4. handle the family conflicts in a more positive manner through mediation and conflict resolution skills; 5. make decisions jointly; 6. learn skills in order to enhance relationships with in-laws; 7. acknowledge and take responsibility for managing their anger in order to better "parent" their children;

Timings
 The group runs on Thursday evenings from 6:30 to 8:30 PM

For more information and to Make a Referral
 Please call Baldev Mutta at 416-995-3920 or 905-301-2978.
 You may also email the referrals at bmutta@rogers.com or fax at 905-840-2004.

Financial support from the South Asian Community is gratefully acknowledged.	 <p style="margin: 0;"> PUNJABI COMMUNITY HEALTH CENTRE Serving Diverse Communities </p>	Punjabi Community Health Centre is affiliated with SAHARA Community Services.
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