

*This 4-session workshop series will consider:*

❖ *Current information about the realities of step-family life*

❖ *Myths and expectations at work in step-families*

❖ *Unique dynamics, issues and tasks in step-families*

❖ *Helpful perspectives on how to build strong and satisfying step-families*

## ***Living in Step***

### ***Understanding What Makes Step-Families Different Discovering What Makes Them Work***

*This workshop series will be offered whenever enough participants have registered.*

*Next planned dates:  
Thursdays, 7:30-9:30  
January 5, 12, 19, 26, 2006*

***Presented by  
Relationship Resource\****

***\*We Care About Making Relationships Work!***

## *Who is this for?*

- ❖ *Couples who are dating and are considering moving in together, where one or both partners has children from a previous relationship*
- ❖ *Couples already living together or married, where one or both partners has children from a previous relationship*

*While coming as a couple will help you get the most out of the group, individuals may come on their own.*

*This workshop series is designed with an emphasis on education, rather than counselling or self-help.*

## *Relationship Resource is:*

*Kathryn Guthrie, an Ottawa therapist with ten years experience working with individuals, couples and families. Kathryn's focus is on early intervention and education, helping people help themselves to have the best relationships they can.*

*Peggy St. John, an Ottawa therapist with fifteen years experience helping individuals, couples and families. She has a special interest in blended families, since she has been a stepmom for over twenty five years.*

***We Care About Making Relationships Work!***

## *Dates:*

*Thursdays, 7:30-9:30  
January 5, 12, 29, 26, 2006*

## *Location:*

*To be announced*

## *Cost:*

*\$100/person, or \$175/couple*

*For More  
Information  
or to Register:  
Call 730 3751*

*Registration is limited to 20  
people –  
don't wait to sign up!*