

## VIVENS Counselling

# Current Presentations

The following presentations have been developed for various audiences. They can be delivered either online or in person, and tailored to particular objectives. If a session for a specific topic is not listed, feel free to request its creation. Presenting is both a strength of and pleasure for this practice.

### Contents

Victim, Bully, or Witness.....	2
Plotting a Family MAP .....	2
A Wealth of Parenting Strength .....	2
Pre-Parenting: Looking Down the Path.....	3
Career Considerations .....	3
The Power in Reading .....	3
Confronting Depression .....	3
Your Marriage: A 10-Point Inspection.....	3
Autism: Living with the Spectrum .....	3
<i>sexuality</i> .....	4
<i>virtues</i> .....	4
<i>addictions</i> .....	4
Stewards of Time .....	4
<i>death</i> .....	4
<i>family religiosity</i> .....	4
<i>family planning</i> .....	4
<i>family finances</i> .....	5

## Victim, Bully, or Witness

Examine practical and immediate ideas for how to effect positive changes in situations of intimidation or intentional meanness.

January 20 (Wednesday) @ 6:30 – 8:30 pm

Crowfoot Library (8665 Nose Hill Drive, NW)

<http://calgarypubliclibrary.com/programs.aspx>

February 16 (Tuesday) @ 6:00 – 8:00 pm

Forest Lawn Library (4807 – 8th Avenue, SE)

<http://calgarypubliclibrary.com/programs.aspx>

March 15 (Monday) @ 6:30 – 8:30 pm

Alexander Calhoun Library (3223 – 14th Street, SW)

<http://calgarypubliclibrary.com/programs.aspx>

April 17 (Saturday) @ 2:00 – 4:00 pm

Glenmore Square Library (7740 – 18th Street, SE)

<http://calgarypubliclibrary.com/programs.aspx>

## Plotting a Family MAP

Explore how parents can intentionally build strength and success in their home. The course will draw on experience, the wisdom of our faith, and knowledge found in the psychological sciences. Motivated parents can expect to leave with practical ideas to immediately use in daily life. As experts on their own children, moms and dads should discover what they are already doing well at the same time as we work to better refine and define a map to guide parenting. The course is designed to be useful for a spectrum of parents, from those in-preparation to ones who have already received some seasoning. Participants will be invited but not required to share their own achievements and challenges. Both parents are encouraged to attend.

January 11, 18, 25, February 1, 8, 22 (Mondays) @ 7:30 – 9:00 pm

St Bonaventure Parish (8665 Nose Hill Drive, NW)

[http://www.stbonaventureparish.ca/St\\_Bonaventure\\_Parish/Academy.html](http://www.stbonaventureparish.ca/St_Bonaventure_Parish/Academy.html)

## A Wealth of Parenting Strength

This session will survey resources easily available to support parents in the regular challenges of raising children.

January 20 (Wednesday) @ 6:30 – 8:30 pm

Crowfoot Library (8665 Nose Hill Drive, NW)

<http://calgarypubliclibrary.com/programs.aspx>

March 16 (Tuesday) @ 6:30 – 8:30 pm

Forest Lawn Library (4807 – 8th Avenue, SE)

<http://calgarypubliclibrary.com/programs.aspx>

*this is an adaptation of “Plotting a Family MAP”*

### Pre-Parenting: Looking Down the Path

Raising children is probably the most intense, longest lasting, and both the most difficult and the most satisfying undertaking of life. This presentation aims to help couples anticipate and prepare for the joys and challenges.

May 1 (Saturday) @ 1:00 – 3:30 pm

St Stephen Ukrainian Catholic Parish (4903 – 45th Street, SW)

[http://www.protomartyr.ca/St\\_Stephen\\_Protomartyr/Home.html](http://www.protomartyr.ca/St_Stephen_Protomartyr/Home.html)

*this borrows from “Plotting a Family MAP”*

### Career Considerations

Examination of the philosophical and practical aspects of career planning.

January 23 (Saturday) @ 3:00 – 4:15 pm

Big Picture Seminars

### The Power in Reading

Literacy is one of the most important skills related to success and personal growth. This powerful ability is too often taken for granted. Use this presentation to become a discriminating and intentional reader – knowing what, why, and how best to approach written works.

April 24 (Saturday) @ 3:00 – 4:15 pm

Big Picture Seminars

### Confronting Depression

*defining and discussing the experience of a range of depression, ways to manage*

*in development*

### Your Marriage: A 10-Point Inspection

*examination of the key areas of wear and strength in marriages and how to attend to these*

*in development*

### Autism: Living with the Spectrum

*discussing autism spectrum disorder, including Asperger’s Syndrome, including ways to manage for those who are on the spectrum and who live with those who do*

*in development*

sexuality

survey of sexuality's portrayal in contemporary western culture and how parents can help their children develop healthy knowledge, attitudes, and behaviours

*in development*

virtues

developing ideas to help young people grow in character

*in development*

addictions

survey of substance use, abuse, and addiction – informational only; NOT intended to provide specific treatment plans

*in development*

Stewards of Time

discussing the importance of time management and how to effect better such organization

*in development*

death

survey of how we think of and approach thinking of death, for ourselves and for others – informational only; NOT intended to assist in the grieving process

*in development*

family religiosity

overview of various religious beliefs as well as the place of religion/faith/spirituality, and morality and ethics, in family life, and how to incorporate such practice in one's family

*in development*

family planning

discussing the process of determining family size, the consequences of this ongoing decision, and the means to realize this planning. An especial focus will be placed on methods of natural family planning

*in development*

family finances

discussing basic aspects of money management for families

*in development*

