

About Frances

Frances has been helping, teaching and inspiring her clients and students for over twenty years.

Her unique approach to personal and professional growth affirms that we are creative beings capable of resolving life's problems - given the proper guidance and the desire to change.

You will benefit from her skill, enthusiasm, humour, broad knowledge base and warm communication style.

During her career, Frances has conducted training for academic institutions, non-profit organizations and industry associations. She has presented at international conferences, conducted therapy in an award-winning documentary with the National Film Board of Canada and served as a guest expert on Global, PBS and Videotron TV.

"This course is of immeasurable value to me in my daily life. Frances' presentation is superb - so precise, clear and to the point. What a gift." J. Halpern, Contactivity Centre, Montreal

"Rich, so rich with an abundance of useful concepts and ideas." D. Lefebvre, Montreal

"Frances is an excellent facilitator, always pleasant, clear, consistent and non-judgemental." B. Wurst, Montreal

Frances Kucharsky, M.A.

Courses Workshops Counselling
in person/by phone/via internet video
(514) 425-3565
lifepath@videotron.ca
www.westislandworkshops.com

You and Your Aging Parents



Specialty Workshop

with

Frances Kucharsky

You and Your Aging Parents: Specialty Workshop

"The conclusion is always the same: love is the most powerful and still the most unknown energy of the world."

Pierre Teilhard de Chardin

Relationships are assignments. Not for the faint-of-heart, they demand of us compassion, wisdom, integrity and flexibility - especially during times of transition or challenge.

You want to be loving and supportive. You try to do your best. And yet, without the proper understanding of behaviour and some effective tools your best often seems "not good enough."

What is the current state of your relationship with your aging parent, relative or friend? How are you (and they) adapting to the changes which are an inevitable part of our life-cycle.

Whether you are dealing with a grieving parent, adjusting to a change in their physical capabilities, contemplating a move from the family home, or battling with siblings over issues of parental care - this workshop will ease your mind and give you the tools you need to handle your particular situation with skill and grace.

This workshop is for you if you are

- Confused and uncertain about how to help
- Depleted by demands on your time and resources
- Caught in repetitive patterns of conflict

- Ready to improve your relationship and willing to benefit from expert guidance

In 4 sessions I will teach you to

- Offer appropriate support
- Address difficult topics
- Understand and manage anger
- Extricate yourself from sibling rivalry
- Recognize your style of behaviour and its impact upon relationships.
- Set loving limits
- Identify the real source of the problem
- Handle grief with wisdom and respect
- Reduce stress

Where and When

This workshop series repeats monthly. Each series begins on the first Wednesday or Thursday of each month and continues for a total of 4 sessions.

Wednesday	7:00-9:00 PM	Ile - Perrot
Thursday	7:00-9:00 PM	Montreal

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514-425-3565

Other Services

Counselling for individuals, couples, groups

Workshops, classes and training for personal and professional development

Assertiveness for Women	Depression/Anxiety Phobias
Relationship Issues	Smoking Cessation/Addictions
Stress Management	Post Traumatic Stress
Anger Management	Grief and Loss

"It's been a joy to come to this workshop as well as an opportunity to deal with some very serious issues that were raised by my mother's situation and my attempts to help her without the necessary understanding of my own behaviour."

My life was virtually being poisoned by the conflicts that arose with my sister about how best to take care of our mother and I wish I'd had the opportunity to take this workshop seven years ago when my father died.

These sessions have given me a great deal of food for thought and have made a radical difference in the way I approach not only my relationship with my mother as she suffers from increasing dementia, but all relationships."

D. Pattison, Montreal