



Punjabi Community Health Services

Bringing Life on Track

A program for South Asian Men

Are you facing relationship problems or caught in the legal system involving Domestic Violence?

JOIN OUR VIRTUAL PSYCHOEDUCATIONAL GROUP SESSIONS

12 WEEK PSYCHOEDUCATIONAL GROUP SESSIONS

- PAR compatible program
- Culturally and linguistically appropriate
- Facilitated by certified professionals
- Completion letter and certificate will be provided
- Accept referrals from probation officers, lawyers, health care professionals, family members, and self-referrals

DETAILS

Day
Every Wednesday

Time
6 PM to 8 PM

Fee
\$30/session*

**Total: \$360*

* Fee subsidy is available with supporting documents



Elements

- *Abusive Relationship*
- *Addictions and Relationship*
- *Effective Communication Skill*
- *Rebuilding Relationship*
- *Anger Management*
- *Life-skills*
- *Changing Lives*

For referral and registration, please contact us at:

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 905-677-0889 ext. 221
 416-564-4193

www.pchs4u.com

