

**NANAIMO FAMILY LIFE ASSOCIATION
And
COWICHAN FAMILY LIFE ASSOCIATION
2009 Volunteer Counsellor Training
Training Session Dates**

Session #1 - Introductory Weekend – Heather Ferris and Carolyn Farrington

Friday, September 18, 6-9pm

Saturday, September 19, 2009 9-4pm (1 hr lunch break)

Sunday, September 20, 2009 9-4pm (1 hr lunch break)

Location: Cowichan Family Life Association

Practice Counselling Sessions - Before the next training session (Oct 3, 2009), each trainee will be a counsellor once and a client once in a video taped counseling session.

Session #2 - Nuts and Bolts – Heather Ferris

Saturday, October 3, 2009 9-4pm (1 hr lunch break)

Location: Cowichan Family Life Association

Practice Counselling Sessions (between Oct 3 and Oct 17, 2009)

Session #3 - Family of Origin- David Raithby, Sandey McCartney, Catharine Andrew

Saturday, October 17, 2009 9-4pm (1 hr lunch break)

Sunday, October 18, 2009 9-4pm (1 hr lunch break)

Location: Nanaimo Family Life Association

Practice Counselling Sessions (between Oct 18 and Oct 31, 2009)

Session #4 – Solution Focused – Catharine Andrew

Saturday, October 31, 2009 9-4pm (1 hr lunch break)

Location: Nanaimo Family Life Association

Practice Counselling Sessions (between Oct 31 and Nov 14)

Session #5 – Violence and Abuse – Magi Cooper

Saturday, November 14, 2009 9-4pm (1 hr lunch break)

Location: Nanaimo Family Life Association

Practice Counselling Sessions (between Nov 14 and Nov 29, 2009)

Session #6 - Anxiety, Depression, Self Esteem, Grief and Loss – Heather Ferris

Saturday, November 28, 2009 9-4pm (1 hr lunch break)

Sunday, November 29, 2009 9-4pm (1 hr lunch break)

Location: Cowichan Family Life Association

Practice Counselling Sessions (between Nov 29 and Dec 11)

Session #7 - Closure Weekend - Heather Ferris and Carolyn Farrington

Friday, December 11, 2009 6-9pm

Saturday, December 12, 2009 9-4pm (1 hr lunch break)

Location: Nanaimo Family Life Association

Sunday, December 13, 2009 9-4pm (1 hr lunch break)

Procedures and Protocols – Heather Ferris and Carolyn Farrington

Locations: Cowichan Volunteers – Cowichan Family Life Association

Nanaimo Volunteers – Nanaimo Family Life Association