



## The Virtues Project

# TRANSFORM STRESS TO JOYFULNESS AND INTEGRITY



## Find Your Path to Personal Transformation

Join our supportive, hands-on 3 Week Seminar Series to learn strategies to:

- CREATE a climate of respect at home, in the workplace and community
- CREATE a climate of co-operation and safety
- FIND clarity and solutions to your problems
- LIVE an authentic, purposeful life

### MONDAY EVENINGS

MARCH 31

APRIL 7

APRIL 14

7:00 PM - 9:30 PM

### FEES

Adults: \$90 (\$30/week)

Youth: \$60 (\$20/week)

INCLUDES GST



### FACILITATOR:

Ros Macdonald, MSW  
Certified Virtues Project Facilitator & Counsellor  
for Individuals, Couples and Families.

### For more information or to register contact:

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### WORKSHOP LOCATION

Centrepointe House  
380 Centrepointe Drive, Ottawa