

## WORKSHOPS / GROUPS SEMINARS

- To Be or Not To Be Angry
- Perfectionism is the Road to Unhappiness
- Ask Me No Questions and I'll Tell You No Lies: Roots of Deceitfulness
- Overcoming the Dire Need for Approval
- How to Learn to Love to Loathe Your Labor
- Coping With Alligators in the Workplace
- Knowing Better
- Preventing Procrastination (Done Today, Not Tomorrow)
- I Could Have Danced All Night
- Christmas Will Be Different This Year
- He's Finally Listening – She's Finally Got It
- Influencing Others
- Marriage Investment
- Return to Romance
- Solo Flight (Divorce Recovery)
- You're in the Driver's Seat (Parenting)
- True Colors (Parenting)

**Contact our office for a complete listing of workshops available.**

## ABOUT PPC

PPC is a team of professional male and female Psychologists, Counsellors and Therapists with various specialized areas of expertise. We can match your individual needs with a counsellor that seems best for you.

A variety of approaches are used to encourage people to recognize their potential. Intensive individual counselling, personality assessment, family therapy, relationship building, coaching, consultations, seminars and intensive workshops are all offered to help you achieve your goals.

*PPC*  
**Professional Psychologists  
& Counsellors (Prof. Corp.)**

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# People Problems



*Complex? Yes.  
Hopeless? Never!*

*PPC*

Our team of professional Psychologists, Counsellors and Therapists can help you when it seems like your world is spinning out of control. We work diligently and with integrity to help people deal with their personal difficulties. When thinking of your life, ask yourself these questions:

- Are your relationships providing what you want?
- Do you feel lonely?
- Are you satisfied with your life choices?
- Do you feel powerless?
- Are you depressed?
- Are you feeling trapped or afraid?
- Do you lack joy in your life?
- Is there a "Balance" in your life?
- Are you suffering from sleep disturbance, headaches, tension, stomach problems?

These questions can provide a quick indicator that you should be talking to someone. If there are more than two sensitive areas, professional help would be recommended.



We have the team with the expertise to handle difficulties in these areas:

### PERSONAL

- Anger
- Anxiety
- Loneliness
- Self-Esteem
- Self-Control
- Spirituality
- Worry
- Trauma
- Depression
- Grief
- Co-dependency
- Self-Acceptance
- Personal Empowerment
- Sexuality
- Childhood Memories

### RELATIONSHIPS

- Relationship Development and Enhancement
- Marriage Counselling
- Conflict Resolution – Professional and Personal
- Relationship Issues

### FAMILY

- Relationships – Children – Adolescents
- Parenting Concerns

### SPECIALIZED SERVICES

- Health Promotion
- Critical Incident Stress Debriefing (CISD)
- Post Traumatic Stress Disorder (PTSD)
- Organizational Development
- Outplacement
- Career Planning & Development
- Eye Movement Desensitization & Reprocessing (EMDR)
- Death & Dying
- Palliative Care
- Stress Management
- Pain Management
- Quality Management Program Training
- Panic Attacks, Phobias, OCD
- Addictions
- Organizational Conflict Resolution
- Mental Health Illness Concerns
- Biofeedback
- Somatic Experiencing

At PPC, we don't believe that you need to be in crisis in order to use our services. In fact, earlier intervention usually ensures a quicker solution. Our job is to help you with your choices. We do this by helping you to clarify the problem and working together to create solutions that work for you.

Remember, early interventions can mean the difference between solving a problem or going through a long period of struggle with a difficult situation. If a problem bothers you, it is real. That's when you should call PPC for caring, confidential and professional assistance.

