

# Get Mad, Get Even, or Get a Life

*"Everyone deserves the chance to live a life free from the impact of the past"*

A (co-ed) therapy group designed to assist us in identifying the "benefits" and consequences of holding onto resentments. This program enables us to both complete this past resentment and create a life of our choosing.

- Place:** The Family Centre  
401 - 393 Portage Avenue (Portage Place)  
947-1401
- Start:** **7** sessions in **8** weeks  
Tues. January 24<sup>th</sup> to Tues. March 13<sup>th</sup> (not meeting Tues. February 7<sup>th</sup>)
- Time:** 6:00 - 8:00 p.m.
- Cost:** \$40.00  
Financial assistance available if needed.
- Facilitator:** Rod Minaker
- Contact:** Rod Minaker  
947-1401  
[rgminaker@familycentre.mb.ca](mailto:rgminaker@familycentre.mb.ca)