



HOLD ON TO YOUR KIDS

HOW TO RESTORE A HEALTHY BALANCE
IN PARENT-CHILD RELATIONSHIPS

A Free Workshop



**Monday, May 3, 2010
6:30 p.m.**

**Cobourg Lion's Community Centre
157 Elgin Street East**

Childcare available: please call Cobourg OEYC 905-377-1271

Dr. Gabor Maté

Join us for an evening with Dr. Gabor Maté, author of *Hold on to Your Kids*, *Scattered Minds*, *When the Body Says No* and *In the Realm of Hungry Ghosts: Close Encounters with Addiction*

