



# Managing Emotional Life Issues

Two Educational Workshops  
with  
Dave MacQuarrie, MD, PhD

## Unpacking the Problem of Conflict

Mar 6<sup>th</sup> – 7<sup>th</sup>

Fri, 6-10pm & Sat, 9am-6pm  
(Coffee, snacks, and lunch provided)

*The vast majority of people do not like to be in conflict, yet conflict is an unavoidable part of living. The basic problem of conflict is that most of us make it worse than it could be ...*

*This workshop provides an opportunity to improve relationships and get better outcomes.*

*Learn how to be more effective!*

## I Never Signed Up for This!

Apr 17<sup>th</sup> – 18<sup>th</sup>

Fri, 6-10pm & Sat, 9am-6pm  
(Coffee, snacks, and lunch provided)

*The resolving of authentic emotions, the sensing and living of our own truths, is one of the most satisfying and cleansing aspects of life, be it authentic rage, sadness, or joy.*

*Yet most people are fearful of their darker emotions.*

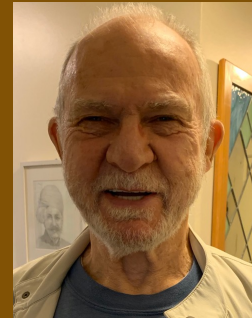
*Learn how to manage them more effectively!*

**Fees**    **Single Workshop \$300**    **Both Workshops \$500**  
(sliding scale available)

Non-refundable deposit of \$50 per workshop

Payment by e-transfer to [dave.macq@icloud.com](mailto:dave.macq@icloud.com)  
(credit/debit card available on request)

**More details at [www.aplacetwobe.ca](http://www.aplacetwobe.ca)**



Dave is a retired physician-psychotherapist with 25 years of experience in the management of emotional issues. His work from his own life experiences, his own struggles to find peace and joy. More than 4,000 people have benefited from his work, gaining release from how conflict and difficult emotions have controlled their lives.



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