

NANAIMO FAMILY LIFE VOLUNTEER COUNSELLING PROGRAM -2007 WORKSHOPS

The following series of workshops will be held at NFLA this calendar year. They can be taken individually or as a 5 part series. The workshops are open to everyone and the suggested workshop fee is \$10.00 per workshop or \$40.00 for the five part series. Pre-registration is required prior to the workshop date. You can register in advance by calling **754-3331, Voice Mail 716 or 209** and leave your name, phone number, date, and name of the workshop you want to attend. Workshops will be cancelled if no one is registered. Workshops are held at **1070 Townsite Road.**

“ESSENTIAL SKILLS FOR HEALTHY RELATIONSHIPS SERIES”

March/April (Thursday evenings 6:30-9:30)	Oct/Nov (Tuesday Evenings 6:30-9:00)
Mar. 22 nd Healthy Self-Esteem	Oct 16 th Healthy Self-Esteem
Mar. 29 th Personal Boundaries	Oct 23 rd Personal Boundaries
April 5 th Effective Communication	Oct 30 th Effective Communication
April 12 th Asserting Yourself	Nov 6 th Asserting Yourself
April 19 th Conflict Resolution	Nov 13 th Conflict Resolution

May/June (Wednesday Days 1:00-3:30)	Nov/Dec (Wednesday Days 1:00-3:30)
May 30 th Healthy Self-Esteem	Nov 21 st Healthy Self-Esteem
June 6 th Personal Boundaries	Nov 28 th Personal Boundaries
June 13 th Effective Communication	Dec 5 th Effective Communication
June 20 th Asserting Yourself	Dec 12 th Asserting Yourself
June 27 th Conflict Resolution	Dec 19 th Conflict Resolution

“ESSENTIAL LIFE SKILLS FOR MANAGING ANGER”

6 SESSION SERIES (Closed Group)

(Suggested Fee: \$40.00)

In this 6 session supportive group we will look at our challenges with anger and how it affects our lives. Gain an understanding of the cycles of anger, ways we typically cope with anger, our triggers, and explore healthy ways to communicate our thoughts, feelings, needs and wants.

February 1st to March 8th (Thursday Evenings 6:30-9:00)

April 18th to May 23rd (Wednesday Days 1:00-3:30)

September 13th to October 18th (Thursday Evenings 6:30-9:00)

WORKSHOP TOPICS

Healthy Self-Esteem

In this workshop we explore the characteristics of healthy and unhealthy self-esteem and discover how self-esteem is developed. Self-awareness exercises to develop a healthy self-esteem will be offered.

Developing Personal Boundaries

Learn the important role boundaries play in our lives and relationships. This workshop will define boundaries and offer steps for developing and maintaining healthy boundaries.

Effective Communication

This workshop will introduce you to ineffective and effective ways of communicating. Through a variety of exercises you will learn essential listening and speaking skills to enhance your relationships.

Asserting Yourself

Learning to realize and assert your rights in a respectful and positive way without guilt or anxiety will be the focus of this workshop. We will explore the differences between passive, assertive, and aggressive behaviour, along with learning 6 steps for assertiveness development.

Conflict Resolution

This workshop offers tools to constructively manage the conflicts in your life and maintain healthy relationships. Learn about your conflict style and the constructive and destructive use of power in conflicts.

“ESSENTIAL LIFE SKILLS FOR YOUTH ”

(Ages 14-18) Suggested Fee: \$30.00

This 6-session workshop must be attended as a series. Topics include anger management, conflict resolution, boundary development, effective communication and assertiveness skills.

February 7th to March 14th (Wednesday days TBA)

May 3rd to June 7th (Thursday evenings 6:30-8:30)

November 8th to December 13th (Thursday evenings 6:30-8:30)