

NANAIMO FAMILY LIFE ASSOCIATION



2012 COMMUNITY WORKSHOPS (January - June) VOLUNTEER COUNSELLING PROGRAM

The following series of workshops will be held at NFLA this calendar year. They can be taken individually or as an 8 part series. The workshops are open to everyone and the suggested workshop fee is \$15.00 per workshop or \$100.00 for the eight part series. Pre-registration is required prior to the workshop date. You can register in advance by calling **754-3331, Voice Mail 716** 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 LIFE SKILLS FOR HEALTHY RELATIONSHIPS SERIES”

Evening Sessions: Jan 10th – Feb 28th Tuesdays 6:30-9:00 pm.

Jan 10 th	Healthy Self-Esteem	Feb 7 th	Stress Management
Jan 17 th	Personal Boundaries	Feb 14 th	Managing Anger
Jan 24 th	Effective Communication	Feb 21 st	Conflict Resolution
Jan 31 st	Assertiveness Skills	Feb 28 th	Creating Change

Day Sessions: Mar 6th – Apr 24th Tuesdays 12:30-3:00 pm.

Mar 6 th	Healthy Self-Esteem	Apr 3 rd	Stress Management
Mar 13 th	Personal Boundaries	Apr 10 th	Managing Anger
Mar 20 th	Effective Communication	Apr 17 th	Conflict Resolution
Mar 27 th	Assertiveness Skills	Apr 24 th	Creating Change

Evening Sessions: Apr 10th – May 29th Tuesdays 6:30-9:00 pm.

Apr 10 th	Healthy Self-Esteem	May 8 th	Stress Management
Apr 17 th	Personal Boundaries	May 15 th	Managing Anger
Apr 24 th	Effective Communication	May 22 nd	Conflict Resolution
May 1 st	Assertiveness Skills	May 29 th	Creating Change

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.

Stress Management

Gain an understanding of stress, stress warning signs and learn effective stress prevention skills and techniques.

Managing Anger

The goal of this workshop is to explore your own anger and to learn healthy ways to manage it. We will explore anger triggers, the anger cycle and typical ways people cope with anger.

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.

Creating Change

This workshop offers knowledge and encouragement on how to get "unstuck" and create change in your life. Learn about the stages of change and keys to successful goal setting.