



# Nanaimo Family Life Association

*Healthy individual and family relationships are the heart of a strong and resilient community.*

## ESSENTIAL LIFE SKILLS FOR HEALTHY RELATIONSHIPS 2018 WORKSHOPS

Our workshops focus on enhancing relationship possibilities for people by offering opportunity for growth through increased self-awareness and understanding. These are offered in a group setting that allows for learning from others in an atmosphere of respect and comfort.

The following series of workshops will be held at NFLA, 1070 Townsite Road, Nanaimo. You can take the ones that interest you or the whole series at a cost of **\$10.00 per workshop**. **Pre-registration is required prior to each workshop**. Phone 250-754-3331 to register.

### Tuesday Evening Sessions: 6:00-8:30 pm.

TOPIC	Series 1	Series 2	Series 3	Series 4
Healthy Self Esteem	January 23	April 3	July 10	September 25
Effective Communication	January 30	April 10	July 17	October 2
Personal Boundaries	February 6	April 17	July 24	October 9
Assertiveness Skills	February 13	April 24	July 31	October 16
Stress Management	February 20	May 1	August 7	October 23
Managing Anger	February 27	May 8	August 14	October 30
Conflict Resolution	March 6	May 15	August 21	November 6
Grief and Loss	March 13	May 22	August 28	November 13
Creating Change	March 20	May 29	September 4	November 20

Couples' Eff. Communication	March 27		September 11	
Couples' Conflict Resolution		June 5	September 18	

### Monday Day Sessions: 12:00-2:00 pm.

TOPIC	Series 1	Series 2
Healthy Self Esteem	March 5	September 24
Effective Communication	March 12	October 1
Personal Boundaries	March 19	October 15
Assertiveness Skills	March 26	October 22
Stress Management	April 9	October 29
Managing Anger	April 16	November 5
Conflict Resolution	April 23	November 19
Grief and Loss	April 30	November 26
Creating Change	May 7	December 3