



# Nanaimo Family Life Association

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

## ESSENTIAL LIFE SKILLS FOR HEALTHY RELATIONSHIPS 2019 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 22	April 2	July 9	September 24
Effective Communication	January 29	April 9	July 16	October 1
Personal Boundaries	February 5	April 16	July 23	October 8
Assertiveness Skills	February 12	April 23	July 30	October 15
Stress Management	February 19	April 30	August 6	October 22
Managing Anger	February 26	May 7	August 13	October 29
Conflict Resolution	March 5	May 14	August 20	November 5
Grief and Loss	March 12	May 21	August 27	November 12
Creating Change	March 19	May 28	September 3	November 19

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

TOPIC	Series 1	Series 2
Healthy Self Esteem	January 21	September 23
Effective Communication	January 28	September 30
Personal Boundaries	February 4	October 7
Assertiveness Skills	February 11	October 21
Stress Management	February 25	October 28
Managing Anger	March 4	November 4
Conflict Resolution	March 11	November 18
Grief and Loss	March 18	November 25
Creating Change	March 25	December 2



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## ESSENTIAL LIFE SKILLS FOR HEALTHY RELATIONSHIPS

### WORKSHOP DESCRIPTIONS

**Healthy Self Esteem** relates to having a positive sense of your inherent worth as a person. It is made up of learned feelings and positive thoughts that reflect a positive attitude versus a pessimistic attitude. Healthy self-esteem is self-confidence, self-worth and self-respect. It affects everything you do.

**Effective Communication:** The average person communicates ineffectively. This workshop will help us to understand what another person's message is and to convey your message in a clear way.

**Boundaries** bring order to our lives. They teach people how we want to be treated. They keep people from coming into our space or us from going into their space.

**Assertiveness Skills:** A person using assertiveness skills is better able to manage and minimize their anxieties in stressful situation. It also enhances their self-esteem and self-confidence.

**Stress Management:** Stress affects us physically, emotionally, mentally and spiritually. It is natural and useful and is a necessity for life and survival. However, unmanaged stress can cause illness. How we respond to stressors highly influences the impact the stress will have in our lives.

**Managing Anger:** Anger is what happens when we perceive an event as threatening, or when we experience frustration over unmet needs. It is usually preceded by feelings of fear, loss, hurt, or sadness.

**Conflict Resolution:** Covers negative and positive views of conflict, conflict styles and constructive ways to handle conflict.

**Grief and Loss:** Common causes and symptoms of grief, harmful myths and clichés, stages of grief, needs of mourning, ways of coping and exercises for grief work.

**Creating Personal Change:** Covers positive aspects of creating change, self-defeating thoughts and language, knowing what is in our control, discovering our passions and values and keys to successful goal setting.