



Nanaimo Family Life Association

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

ESSENTIAL LIFE SKILLS FOR HEALTHY RELATIONSHIPS 2020 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:

TOPIC	Time	Series 1	Series 2	Series 3	Series 4
Healthy Self Esteem	6:00-9:00 pm	January 21	March 31	July 7	September 15
Effective Communication	6:00-8:30 pm	January 28	April 7	July 14	September 22
Personal Boundaries	6:00-8:30 pm	February 4	April 14	July 21	September 29
Assertiveness Skills	6:00-8:00 pm	February 11	April 21	July 28	October 6
Stress Management	6:00-8:30 pm	February 18	April 28	August 4	October 13
Managing Anger	6:00-8:30 pm	February 25	May 5	August 11	October 20
Conflict Resolution	6:00-8:30 pm	March 3	May 12	August 18	October 27
Dealing with Loss	6:00-8:30 pm	March 10	May 19	August 25	November 3
Creating Change	6:00-8:00 pm	March 17	May 26	September 1	November 10

Thursday Day Sessions:

TOPIC	Time	Series 1	Series 2
Healthy Self Esteem	12:30-3:30	January 23	September 17
Effective Communication	12:30-3:00	January 30	September 24
Personal Boundaries	12:30-3:00	February 6	October 1
Assertiveness Skills	12:30-3:00	February 13	October 8
Stress Management	12:30-3:00	February 20	October 15
Managing Anger	12:30-3:00	February 27	October 22
Conflict Resolution	12:30-3:00	March 5	October 29
Dealing with Loss	12:30-3:00	March 12	November 5
Creating Change	12:30-3:00	March 19	November 12



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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.

Dealing with 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.