



Nanaimo Family Life Association

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

ESSENTIAL LIFE SKILLS FOR HEALTHY RELATIONSHIPS 2021 WORKSHOPS

Our workshops focus on enhancing relationship possibilities for people by offering an 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 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	6:00-8:30 pm	January 19	March 23	July 6	September 7
Effective Communication	6:00-8:30 pm	January 26	March 30	July 13	September 14
Personal Boundaries	6:00-8:30 pm	February 2	April 6	July 20	September 21
Assertiveness Skills	6:00-8:30 pm	February 9	April 13	July 27	September 28
Stress Management	6:00-8:30 pm	February 16	April 20	August 3	October 5
Conflict Resolution	6:00-8:30 pm	February 23	April 27	August 10	October 12
Dealing with Loss	6:00-8:30 pm	March 2	May 4	August 17	October 19
Creating Change	6:00-8:30 pm	March 9	May 11	August 24	October 26

THURSDAY AFTERNOON SESSIONS:

TOPIC	TIME	SERIES 1	SERIES 2	SERIES 3	SERIES 4
Healthy Self- Esteem	12:30-3:00 pm	January 21	March 25	July 8	September 9
Effective Communication	12:30-3:00 pm	January 28	April 1	July 15	September 16
Personal Boundaries	12:30-3:00 pm	February 4	April 8	July 22	September 23
Assertiveness Skills	12:30-3:00 pm	February 11	April 15	July 29	September 30
Stress Management	12:30-3:00 pm	February 18	April 22	August 5	October 7
Conflict Resolution	12:30-3:00 pm	February 25	April 29	August 12	October 14
Dealing with Loss	12:30-3:00 pm	March 4	May 6	August 19	October 21
Creating Change	12:30-3:00 pm	March 11	May 13	August 26	October 28



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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 situations. 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 influence 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.