



# 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 ONLINE

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 on Zoom. 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.

Payment in person at 1070 Townsite Road or through e-transfer, email:

[d\\_berthiaume@nflabc.org](mailto:d_berthiaume@nflabc.org) and set the password as *Workshop*

When payment has been received you will be emailed handouts and Zoom invite.

**SIGN UP & SEND PAYMENT by Monday, no later than 4 pm** *(Workshop may be cancelled otherwise)*

### **Tuesday Evening Sessions, 6:00-8:30 pm**

TOPIC	TIME	SERIES
Healthy Self-Esteem	6:00-8:30 pm	January 19, 2021
Effective Communication	6:00-8:30 pm	January 26, 2021
Personal Boundaries	6:00-8:30 pm	February 2, 2021
Assertiveness Skills	6:00-8:30 pm	February 9, 2021
Stress Management	6:00-8:30 pm	February 16, 2021
Managing Anger	6:00-8:30 pm	February 23, 2021
Conflict Resolution	6:00-8:30 pm	March 2, 2021
Dealing with Loss	6:00-8:30 pm	March 9, 2021
Creating Change	6:00-8:30 pm	March 16, 2021

\*\*\*Please note, due to this online format, we must ask that each participant have a microphone and camera. We ask that participants introduce themselves at the beginning of each workshop. These are for safety reasons. If you have any concerns, please call (250) 754-3331