



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 and set the password as *Workshop*

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

SIGN UP BY TUESDAY AT 4PM & PAYMENT BY WEDNESDAY AT 4 PM *(Workshop may be cancelled otherwise)*

Thursday Evening Sessions, 6:00-8:30 pm

TOPIC	TIME	SERIES
Healthy Self-Esteem	6:00-8:30 pm	January 21, 2021
Effective Communication	6:00-8:30 pm	January 28, 2021
Personal Boundaries	6:00-8:30 pm	February 4, 2021
Assertiveness Skills	6:00-8:30 pm	February 11, 2021
Stress Management	6:00-8:30 pm	February 18, 2021
Managing Anger	6:00-8:30 pm	February 25, 2021
Conflict Resolution	6:00-8:30 pm	March 4, 2021
Dealing with Loss	6:00-8:30 pm	March 11, 2021
Creating Change	6:00-8:30 pm	March 18, 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



Nanaimo Family Life Association

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

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.