



# Nanaimo Family Life Association EST. 1967

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

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## Essential Life Skills for Healthy Relationships 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 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 or email [reception@nflabc.org](mailto:reception@nflabc.org) to register.**

### IN-PERSON Tuesday Evening Sessions

TOPIC	TIME	DATE
Effective Communication	6:00-8:00 pm	July 6, 2021
Personal	6:00-8:00 pm	July 13, 2021
Boundaries/Assertiveness		
Conflict Resolution	6:00-8:00 pm	July 20, 2021
Healthy Self-Esteem/Self-Exploration	6:00-8:00 pm	July 27, 2021
Exploring Anger	6:00-8:00 pm	August 3, 2021
Exploring Stress	6:00-8:00 pm	August 10, 2021
Exploring Grief & Loss	6:00-8:00 pm	August 17, 2021
Exploring Anxiety & Depression	6:00-8:00 pm	August 24, 2021
Creating Personal Change	6:00-8:00 pm	August 31, 2021

### ONLINE Thursday Afternoon Session

TOPIC	TIME	DATE
Effective Communication	1:30-3:30 pm	July 8, 2021
Personal	1:30-3:30 pm	July 15, 2021
Boundaries/Assertiveness		
Conflict Resolution	1:30-3:30 pm	July 22, 2021
Healthy Self-Esteem/Self-Exploration	1:30-3:30 pm	July 29, 2021
Exploring Anger	1:30-3:30 pm	August 5, 2021
Exploring Stress	1:30-3:30 pm	August 12, 2021
Exploring Grief & Loss	1:30-3:30 pm	August 19, 2021
Exploring Anxiety & Depression	1:30-3:30 pm	August 26, 2021
Creating Personal Change	1:30-3:30 pm	September 2, 2021

\*\*Please note, for the online workshops, 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

## **Essential Life Skills for Healthy Relationships: Workshop Descriptions**

**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.

**Personal Boundaries/Assertiveness:** Boundaries bring order to our lives. They teach people how we want to be treated. They keep people from coming into our spaces or us from going into their space. Following that, 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.

**Conflict Resolution:** This workshop covers negative and positive views of conflict, conflict style, and offers constructive ways to handle conflict.

**Healthy Self-Esteem & Self-Exploration:** 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.

**Exploring 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.

**Exploring Stress:** 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.

**Exploring Grief & Loss:** In this workshop, we explore the common causes and symptoms of grief, harmful myths and clichés, stages of grief, needs of mourning, ways of coping, and exercises for grief work.

**Exploring Anxiety & Depression:** In this workshop, we explore depression and anxiety, focusing on the difference between stress and anxiety, and depression and grief/sadness. We also focus on ways to manage anxiety/depression.

**Creating Personal Change:** This workshop 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.