



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 to register.

IN-PERSON Tuesday Evening Sessions

TOPIC	TIME	DATE
Effective Communication	6:00-8:00 pm	September 21, 2021
Personal Boundaries/Assertiveness	6:00-8:00 pm	September 28, 2021
Conflict Resolution	6:00-8:00 pm	October 5, 2021
Healthy Self-Esteem/Self-Exploration	6:00-8:00 pm	October 12, 2021
Exploring Anger	6:00-8:00 pm	October 19, 2021
Exploring Stress	6:00-8:00 pm	October 26, 2021
Exploring Grief & Loss	6:00-8:00 pm	November 2, 2021
Exploring Anxiety & Depression	6:00-8:00 pm	November 9, 2021
Creating Personal Change	6:00-8:00 pm	November 19, 2021

ONLINE Thursday Afternoon Session

TOPIC	TIME	DATE
Effective Communication	1:30-3:30 pm	September 23, 2021
Personal Boundaries/Assertiveness	1:30-3:30 pm	October 7, 2021
Conflict Resolution	1:30-3:30 pm	October 14, 2021
Healthy Self-Esteem/Self-Exploration	1:30-3:30 pm	October 21, 2021
Exploring Anger	1:30-3:30 pm	October 28, 2021
Exploring Stress	1:30-3:30 pm	November 4, 2021
Exploring Grief & Loss	1:30-3:30 pm	November 18, 2021
Exploring Anxiety & Depression	1:30-3:30 pm	November 25, 2021
Creating Personal Change	1:30-3:30 pm	December 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.