



Nanaimo Family Life Association EST. 1967

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

1070 Townsite Road, Nanaimo, BC V9S 1M6 📞 T: (250) 754-3331 📠 F: (250) 753-0268 🌐 www.nflabc.org

The Essential Life Skills workshops are for personal growth; to provide a space where you can grow in your own awareness and understanding as well as offer tools to be able to engage in relationships with yourself and others in a healthier way.

The workshops are not designed for counselling or working through personal issues.

If you feel that you might need additional resources such as personal counselling you can contact our office at 250 754 3331 to access our affordable Volunteer Counselling Program.

TO ENSURE THAT EACH PARTICIPANT HAS ACCESS TO SAFE AND EFFECTIVE LEARNING EXPERIENCE DURING THE WORKSHOP, WE ASK THAT EVERYONE PARTICIPATING IN OUR ONLINE ESSENTIAL LIFE SKILLS WORKSHOP SERIES AGREES TO THE FOLLOWING:

INITIAL

<p>I will make sure my audio and camera is in working condition before starting the workshop.</p> <p><i>We do understand that technical difficulties can occur even when prepared; we will do our best to assist if any technical issues occur during workshop.</i></p>	
<p>I will make sure that I have either received the materials by email or picked them up from the NFLA office, and that I have pen and paper ready for the exercises.</p>	
<p>I will make sure that I am set up in a private and quiet location. If there is sound that is disturbing to the rest of the group I will keep my audio muted unless I am talking.</p> <p>I will refrain from walking around with my device.</p>	
<p>If attending workshop with someone from same location, I will be mindful that being in close proximity can create echoes/feedback that may be disturbing to other participants. I will do my best to remedy that by setting up in a separate room or by wearing headphones.</p>	
<p>I agree to arrive to the workshop on time; I understand I may not be included if I arrive late.</p>	
<p>I will not eat, smoke, ingest alcohol or drugs during workshop. <i>(Water, tea, coffee are fine.)</i></p>	
<p>I understand that at times the facilitator needs to interrupt discussions for the following reasons:</p> <ul style="list-style-type: none"> • Participant(s) are off topic • To give other people time to share • Time management • Discussions are getting too heated 	
<p>I understand that if any of my behaviours creates a disturbance and prevents the facilitator to facilitate the workshop I risk being removed.</p>	
<p>I will not use sexist, racist or homophobic/transphobic language or any other language of hatred during the workshop.</p>	

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INITIAL

I understand that the following will be reported to the appropriate persons, including the victim, courts, probations, RCMP or other referral sources.

- Any serious threats that I make to do bodily harm to myself or any other person, a threat to die by suicide, any belief that child abuse is present or has occurred.

Participant Signature:

DATE: