



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 **\$15.00 per workshop**.

Pre-registration is required prior to each workshop. To register phone (250) 754-3331 or email <mailto:reception@nflabc.org>. To pay, prior to each workshop, send an e-transfer to mailto:d_berthiaume@nflabc.org Password: Workshop.

IN-PERSON Tuesday Evening Sessions @ 6-8PM

TOPIC	TIME	DATE
Effective Communication	6:00-8:00 pm	January 10 th , 2024
Personal Boundaries/Assertiveness	6:00-8:00 pm	January 17 th , 2024
Conflict Resolution	6:00-8:00 pm	January 24 th , 2024
Healthy Self-Esteem/Self-Exploration	6:00-8:00 pm	February 7 th , 2024
Exploring Anger	6:00-8:00 pm	February 21 st , 2024
Exploring Grief & Loss	6:00-8:00 pm	February 28 th , 2024
Exploring Anxiety & Depression	6:00-8:00 pm	March 6 th , 2024
Creating Personal Change	6:00-8:00 pm	March 13 th , 2024

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. Improving and/or transforming the relationship between all parties going forward

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 Grief & Loss: Let us help you explore the common causes/symptoms of grief. Harmful myths and clichés, stages of grief, the 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.

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.