



NANAIMO FAMILY LIFE ASSOCIATION

For more information & Registration

Nanaimo Family Life Association
1070 Townsite Road
250-754-3331
reception@nflabc.org

ESSENTIAL LIFE SKILLS FOR HEALTHY RELATIONSHIPS

Weekly Group Sessions

2024

SPRING WORKSHOPS

STARTS **APRIL 24TH**, 2024

HEALTHY RELATIONSHIP WORKSHOPS

- Effective Communication: Apr 24
- Personal Boundaries/Assertiveness: May 8
- Conflict Resolution: May 15
- Healthy Self-Esteem/Self-exploration: May 22
- Exploring Anger: May 29
- Exploring Stress: June 5
- Exploring Grief & Loss: June 12
- Exploring Anxiety & Depression: June 19
- Creating Personal Change: June 26

EVENING WORKSHOPS

IN-PERSON

WEDNESDAY

6:00 PM - 8:00 PM

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.

**PRE-REGISTRATION
REQUIRED FOR EACH
WORKSHOP (\$15)**