



The Family Centre

EDUCATION SERVICES

Workshops/Courses 2012

For Information or to Register Call: 780.497.7536

Healthy Relationships I Creating the Balance Between “Me” and “We”

Description

Healthy Relationships I is a 2 week program delivered twice a week, for 2.5 hours. It is designed for women of all ages, backgrounds and religions who would like to enhance their personal well being by learning to develop healthier relationship skills.

Goals

- To provide positive wellbeing through the development of healthy supports.
- To create opportunities for women who are currently experiencing or have a history of being involved in unhealthy relationships whereby they can explore the way in which power, boundaries and self-image impact relationships.

Course Objectives

- **Knowing the Signs:** To increase a woman’s ability to recognize the signs of healthy and unhealthy relationships, while developing the appropriate skills to respond.
- **Engaging in New Relationships:** To enhance a woman’s awareness of the beginning steps of developing and maintaining relationships.
- **Developing Boundaries:** To begin to develop the skills required to implement flexible and appropriate boundaries.
- **Healthy Self Image:** To consider how the relationship with oneself impacts all other interpersonal relationships.
- **The Role of Power:** To enhance a woman’s awareness of the role of power within relationships and its impact.



Dates	Time	Fees	
		Group Session	Individual Session
February 6, 9, 13 & 16 June 4, 7, 11 & 14 October 15, 18, 22 & 25	Length: 4 Evenings Mondays & Thursdays 6:30 pm - 9:00 pm	\$100 (Individual)	\$300 (Individual) 3 Hours Call to arrange day, evening or weekend

Subsidies available. Please inquire at time of registration.

Supported By:



Feel free to photocopy and distribute to meet your requirements.

#20, 9912-106 Street, Edmonton, Alberta T5K 1C5 Website: www.the-family-centre.com

To register for a workshop/course Phone: 780.497.7536 Fax: 780.426.4918 E-mail: education.services@the-family-centre.com



EDUCATION SERVICES

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Healthy Relationships II Creating the Balance Between “Me” and “We”

Description

Healthy Relationships II is a 2 week program delivered twice a week, for 2.5 hours. It is designed for women of all ages, backgrounds and religions who would like to enhance their personal well being by learning to develop healthier relationship skills. Healthy Relationships II is designed to be taken upon completion of Healthy Relationships I.



Goals

- To empower women to communicate in an assertive and effective manner.
- To support the exploration of the way in which relationships are impacted by family of origin.
- Creating awareness of relationship patterns and exploring the possibility for new positive relationships.

Course Objectives

- **Healthy Communication:** To provide skills and knowledge of effective communication.
- **Conflict Resolution:** To increase a woman’s confidence in utilizing effective conflict resolution strategies.
- **Family of Origin:** To provide women the opportunity to examine their family of origin and its impact on their relationships.
- **Adult Relationships:** To consider patterns in a woman’s history of adult relationships and to enhance awareness of the beginning steps of developing and maintaining healthy relationships.

Dates	Time	Fees	
		Group Session	Individual Session
<p>April 16, 19, 23 & 26</p> <p>August 13, 16, 20 & 23</p>	<p>Length: 4 Evenings</p> <p>Mondays & Thursdays</p> <p>6:30 pm - 9:00 pm</p>	<p>\$100 (Individual)</p>	<p>\$300 (Individual)</p> <p>3 Hours Call to arrange day, evening or weekend</p>

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