

Curve Lake Health Centre - Starting July 25, 2016 at 530 to 7:00

Building Healthy Relationships

What is a healthy relationship?

What do healthy boundaries mean?

How to deal with Anger

Balance – life –work- family

Power of letting go

Emotions

Co dependency

Self Awareness

Dealing with self



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Agenda

Week # 1 – Identity

Week # 2 – Emotions / Thoughts

Week # 3 – Family Relations

Week # 4 – Conflict Resolution Strategies

Week # 5 – Communication

Week # 6 – Cycle of Abuse

Week # 7 – Relationship Breakdown

Week # 8 – Relationship Building