Strong, healthy relationships can be one of the best supports in your life. Good relationships improve all aspects of your life, strengthening your health, your mind, and your connections with others.

Relationships are an investment. The more you put in, the more you can get back.
**Relationships in Everyday Life program:**

**Week 1**
- Roles we play, reflective mat work
- The drama triangle
- Mindfulness skills building
- Dan Siegel, The Lens We See Through

**Week 2**
- Core emotions, attachment and our Shark Music
- Behaviour patterns
- Boundaries
- Mindfulness skills building

**Week 3**
- What is a safe relationship
- Toxic relationships
- Ending relationships
- Mindfulness skills building

**Week 4**
- Changing Perspectives
- Relationship languages
- Non-verbal communication
- Mindfulness skills building

**Week 5**
- Getting our needs met
- Assertiveness and Negotiation
- Mindfulness skills building

**Week 6**
- My inner resources
- Strengthening Connections - Tree Exercise
- Mindfulness skills building

**Program:**

Duration 6 weeks

Thursdays
2pm – 4pm

*Once your referral is received, the group facilitator will contact you with the next program commencement date.*