

# Healthy Relationships for Individuals

**Family Outreach Center • 1:00-3:00 p.m.**

*This program is a series of 15 modules that train specific techniques and, although they can be taken as separate classes, are best taken together in the 7 week course schedule.*

**February 16, May 18, August 17, November 16**

- State of Relationships Today: Learn how most relationships experience very similar relationship issues and how these issues affect other areas of life.
- Healthy Relationships: Concepts of what healthy relationships look like and how to cultivate them.

**February 23, May 25, August 24, November 23**

- Sliding vs. Deciding: Making decisions to create safer and healthier relationships.
- Smart Love: Seven principles that are designed to guide decisions about whether or not a relationship is healthy.

**March 2, June 1, August 31, November 30**

- Knowing Yourself First: Learn more about understanding who you are and where you came from which helps to identify strengths and weaknesses in order to make positive changes within your life.
- Making Your Own Decisions: Expectations can be a major source of conflict – this class explores a person's expectations, whether they are realistic or not, and how to deal with these expectations in relationships.

**March 9, June 8, September 7, December 7**

- Dangerous Patterns in Relationships: Learn the four communication danger signs that show that, although conflict is normal, there are identifiable destructive patterns that affect relationship safety.
- Where Conflict Begins: Understand where conflict comes from, how to deal with underlying issues, and the effect it has on children.

**March 16, June 15, September 14, December 14**

- Smart Communication: Learn how to combat the four communication danger signs and how to complain more effectively.
- Speaker Listener Technique: This skill allows you to talk about relationship issues that underlie events and how to increase emotional safety.

**March 23, June 22, September 21, December 21**

- Infidelity, Distrust & Forgiveness: Consider behaviors you are willing to tolerate from partners and the standards to which you hold yourself.
- Commitment: Learn two types of commitment that teach what commitment means in healthy relationships.

**March 30, June 29, September 28, December 28**

- Stepfamilies & Co-Parenting: How to make these relationships work.
- Making the Tough Decisions: Deciding whether or not to stay in a relationship.
- Reaching Into Your Future: Relationships visions and overcoming barriers.



For more information, call

**706-791-3695**

To register, visit

