



Tools2Thrive

Relationship Resilience & Nurturing...taking care of ourselves so we can connect with others

Offered weekly each Wednesday from 10:am—11:30am

This program is for anyone seeking to reduce their own stress while effectively navigating the more challenging relationships in their lives. Whether those relationships are with family members, partners, friends, co-workers or others, creating and maintaining more positive and productive relationships is possible.

Each session will focus on building skills, sharing resources, tools and techniques for topics and issues related to:

- * Self Care & Validation**
- * Establishing & Maintaining Healthy Boundaries**
- * Essential & Effective Communication Skills**
- * Vulnerability & Acceptance**
- * Relationship Dynamics**

Tools2Thrive-Relationship Resilience & Nurturing Workshops-Call In with Liz
Wed, Apr 22, 2020 10:00 AM - 11:30 AM (EDT)

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/258079453>

You can also dial in using your phone.

United States (Toll Free): [1 877 309 2073](tel:18773092073)

United States: [+1 \(312\) 757-3129](tel:+13127573129)

Access Code: 258-079-453

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Note: A more tailored program focusing specifically on family issues will also be offered on the first and third Wednesday of each month from 6:30 pm—8:00 pm.