

## Building & Maintaining *Healthy Relationships*



What kind of relationships?

~Family ~Intimate Partner ~Friends ~Work~

Join us for this **HEALTHY RELATIONSHIPS CLASS** introducing a practical set of tools that can change your relationships and your life.

**When:**     **April 7<sup>th</sup> – May 12<sup>th</sup> (6 weeks)**  
                    **Thursdays, 12:00 p.m. – 1:00 p.m.**

**Where:**     **Pennock Center for Counseling**  
                    **211 S. 21<sup>st</sup> Avenue, Brighton**

**Cost:**        **No cost**  
                    **(donations welcome)**

**Contact:**    **Registration is required. Please contact Samantha Gibb or**  
                    **Holly Van Liere at 303.655.9065, ext. 4.**

This class is ideal for individuals and couples generally satisfied with their relationships and seeking greater understanding of themselves within relationships.

You will learn the following:

1. Clear communication skills
2. Maneuvering conflict
3. Getting your needs met and respecting the needs of others
4. Emotional expression
5. Strengthening connection
6. Improved self-care