



BUILDING HEALTHY RELATIONSHIPS

A group about Healthy Relationship Dynamics

A 4-week class that will provide you with tools needed to transform toxic relationship dynamics and build healthier relationships in your life.

Our goals will be:

Week 1: You will learn to identify the warning signs of an abusive relationship and identify the traits of healthy relationships. You will learn about the Drama triangle and Empowerment Dynamic, both tools that will help you approach stressful relationship dynamics in a way that is empowering.

Week 2: You will explore your negative cycle in the context of past or current relationships and learn strategies to help break negative cycle. You will explore what your raw spots are in relationships.

Week 3: You will learn about different communication styles, how to set boundaries and the power of assertiveness. We will discuss the importance of setting boundaries early on in the relationship.

Week 4: You will learn strategies to heal a broken heart and key mistakes people make in the process of recovering from a broken heart.

**Beginning
Thursdays June 7th
12 to 1:30pm**

\$10 per class

Don't Miss it!

**Some scholarships
are available***

**A healthy
relationship will
never require you
to sacrifice your
friends, dreams or
your dignity.**

PENNOCK CENTER FOR COUNSELING

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**Register today!
Call Laura Gutierrez, MA
at Ext. 12**