

# HEALTHY RELATIONSHIPS

Location will be established closer to dates, in Ashland area

## OVERVIEW

*Indigenous Healthy Relationships class is designed for Indigenous individuals seeking to create healthy relationships surrounding their self/child(ren)/family. The relationships can be: partners, parents/children, family, friends, and co-workers. By the end of the class you should be confident with setting and understanding your boundaries and limits, as well as ones others may have as well.*



## CLASS TOPICS

- Setting boundaries and limits
- Effective communication
- Historical and family trauma
- Conflict resolution
- Understanding importance of pleasure
- Consent and body rights
- Stress management
- What is violence?

**All classes are free with light breakfast and lunch provided**

**Class dates: Aug 12-13, Dec 9-10**

**Time: 9:00am-1:00pm**



**Wiji-Nitaawiginaawasojig**  
THE ONES WHO HELP EACH OTHER BEAR CHILDREN

FOR ADDITIONAL INFORMATION OR REGISTRATION PLEASE  
CONTACT INDIGENOUS BIRTH SERVICES KWEWAG AT  
INDIGENOUSBIRTHSERVICES@GMAIL.COM