

Communications and Boundaries Lite

Improve the quality of your relationships!

Friday, May 14, 6-9PM

Saturday, May 15, 9-4 (bring a lunch)

Would you like to improve your relationship with your spouse, children, friends, co-workers?

Friday Evening: Dr. James Petersen, pastor, counselor, and author of: Why Don't We Listen Better

Everyone likes to talk, but how well do you listen? Can you listen without giving advice, without judgment, without thinking about what you're going to say next, without escalating an already heated argument?

Dr. Petersen's class will help you become better listeners and improve your relationships.

Saturday: Rick Collins, GSM teacher/ lay counselor

Do you find yourself saying yes when you really wanted to say no? On Saturday morning, you will improve your communication skills by engaging in a number of exercises to identify your own and others' communication/personality styles. In the afternoon you will begin to explore your boundaries. Learn to set, negotiate, and live within your boundaries.

***** This class is Highly Recommended for people of all ages from youth to adults and seniors! Bring a friend!!**

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