

“Relationship Strategies”

This is a 6 week mini workshop series that you will want to attend!! It is especially designed for adults of any age, and teens who all want to learn easy ways to understand and improve their relationships. Dating, spouses, parent’s, children of all ages, friendships and co-workers will all be addressed. These workshops are educational, fun, and solve your problems about each unique topic! I also offer flexibility for each generation of new ideas and ways of functioning with dating, marriage, commitment, children, and lifestyles. If you are the type of person that wants new information and real strategies that have been working for people and their relationships for many years....I will see you there!

LIMITED SEATING - It is best that you call ahead to reserve your seat.

PRESENTED BY: Ninneen Carroll-Harsh, CHt, RBT

Get A Life – Alternative Behavior & Health

Thursdays, July 22 thru August 26

7:00pm to 9:00pm

**The Legacy Assisted Care Facility, Trinidad, Activity Room
I-25, Exit 11 to Santa Fe Trail Dr., 33 Legacy Ln., Main Bldg.**

\$20.00/person

\$100.00/person (whole series – paid at first workshop)

*****Special Discount for clients or those who have attended my seminars**

719 846-1770 or 866 346-1770

WORKSHOP SCHEDULE

Attraction - Who & why. Start learning strategies for love.

Triggers – Who’s angry and why. Learn & lose the triggers.

Moods – Learn the secrets behind his or her moods & fix it.

Abuse – Your teen’s boy/girlfriend or your relationship? Change it.

Respect – Conveniently used, what is it really and how it works?

Trust – Jealousy, possessive, controlling or old baggage? Overcome it!.