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## What is the Healthy Relationships Workshop

Healthy relationships bring happiness and health to our lives. Studies show that people with healthy relationships really do have more happiness and less stress. There are basic ways to make relationships healthy, even though each of us is different... parents, siblings, friends, boyfriends, girlfriends, professors, roommates, and classmates.

The Healthy Relationships workshop was designed by the Elizabeth Fry Society to give women the opportunity to explore and evaluate their relationships with others. The workshop will introduce varied tools and skills that will enable women to develop the healthy relationships that will potentially improve the quality of their lives and the lives of those around them.

The workshop is a *skills training workshop*, not psychotherapy. It blends available materials from the educational and therapeutic helping fields and integrates these concepts into practical skills to use in daily life.

**There is a \$75.00 registration fee**  
*Please ask about our payment options*

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## Healthy Relationships:

Promote the well-being of all those involved

are realistic and flexible

embrace sharing and talking

include self-care

use fair fighting techniques & negotiation

## The principal topics covered in the Healthy Relationships workshop include:

Self Awareness

How we interact with others

Effective Communication

Fighting Fair

Negotiation

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## Where is the Healthy Relationships workshop being held?

**Elizabeth Fry Society**  
**Mainland Nova Scotia**  
**2352 Gottingen St.**  
**Halifax, Nova Scotia**  
**B3K 3B9**

## When is the Healthy Relationship Workshop being held?

Workshops are offered on an ongoing basis. Please contact the Program Coordinator for details.

***ALL FOUR SESSIONS MUST BE ATTENDED***

**FOR MORE INFORMATION  
PLEASE PHONE:**

**454-5041**

**Ext. 24**

**email: [efrymain@efrynovascotia.com](mailto:efrymain@efrynovascotia.com)**

**visit our website@  
[www.efrynovascotia.com](http://www.efrynovascotia.com)**

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**OUR MISSION STATEMENT:**

Our Society continues to work with, and on behalf of, women in conflict with the law by:

Responding to needs of women in prison

Developing programs and services in the community for women who have been charged with offences and women at risk of coming into conflict with the law

Encouraging public awareness and understanding of issues related to women in conflict with the law

Lobbying for the improvement of conditions for women in local penal institutions

Lobbying for changes in the criminal justice system

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**Phone: 454-5041**

**Fax: 455-5913**

**email: [efrymain@efrynovascotia.com](mailto:efrymain@efrynovascotia.com)**

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**PLEASE HELP US HELP!!**

*Support Us:* As a non-profit organization, we need donations and community support. All donations are tax-deductible. Also you can have planned giving in your will.

*Become a Volunteer:* From our Management Team (board) to the One-to-One Program; volunteers are essential.

*Help us to Educate Others:* If you belong to a local organization or club, invite us to speak at your next meeting.

*Take Out a Membership:* You will receive newsletters and a vote at the annual general meeting.

Membership Application

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Postal Code

\_\_\_\_\_  
Phone Number

Waged \$25\_\_\_\_ Unwaged \$5\_\_\_\_

Group \$50\_\_\_\_ Corporate \$100\_\_\_\_

Sustaining \$100\_\_\_\_

**\* I do not wish to become a member, but would like to make a donation \_\_\_\_\_**

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**THE ELIZABETH FRY SOCIETY  
MAINLAND NOVA SCOTIA**

**HEALTHY  
RELATIONSHIPS  
WORKSHOP**

*An Exploration Of  
How We Interact With Others*



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Mainland Nova Scotia  
2352 Gottingen St.  
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