

Healing Parent and Child Relationships

November 28, 2024

10:00-11:30am MST

Relationships between parent(s)/guardian(s) and child(ren) can be challenging and beautiful. Learning how to show up for those we care about in a healthy way, and understanding how to build a positive connection with them is a delicate dance and art, especially if the relationship has been distressed in some way. Join us as we explore strategies, information and a discussion on healing and building healthy relationships.



Learning Outcomes:

- Understanding the building blocks in healthy relationships
- Strategies for healing relationships that might need repair
- Feedback and sharing from participants on relationship challenges

Speakers:

Jenna Fortinski, Owner & Registered Psychologist, Simply Counselling Services

Nicki Kirlin, Registered Provisional Psychologist, Simply Counselling Services



Target Audience: Adults facing their own familial relationship challenges, or those who support people with relational and familial concerns

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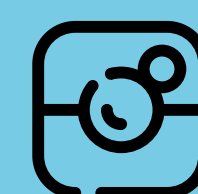
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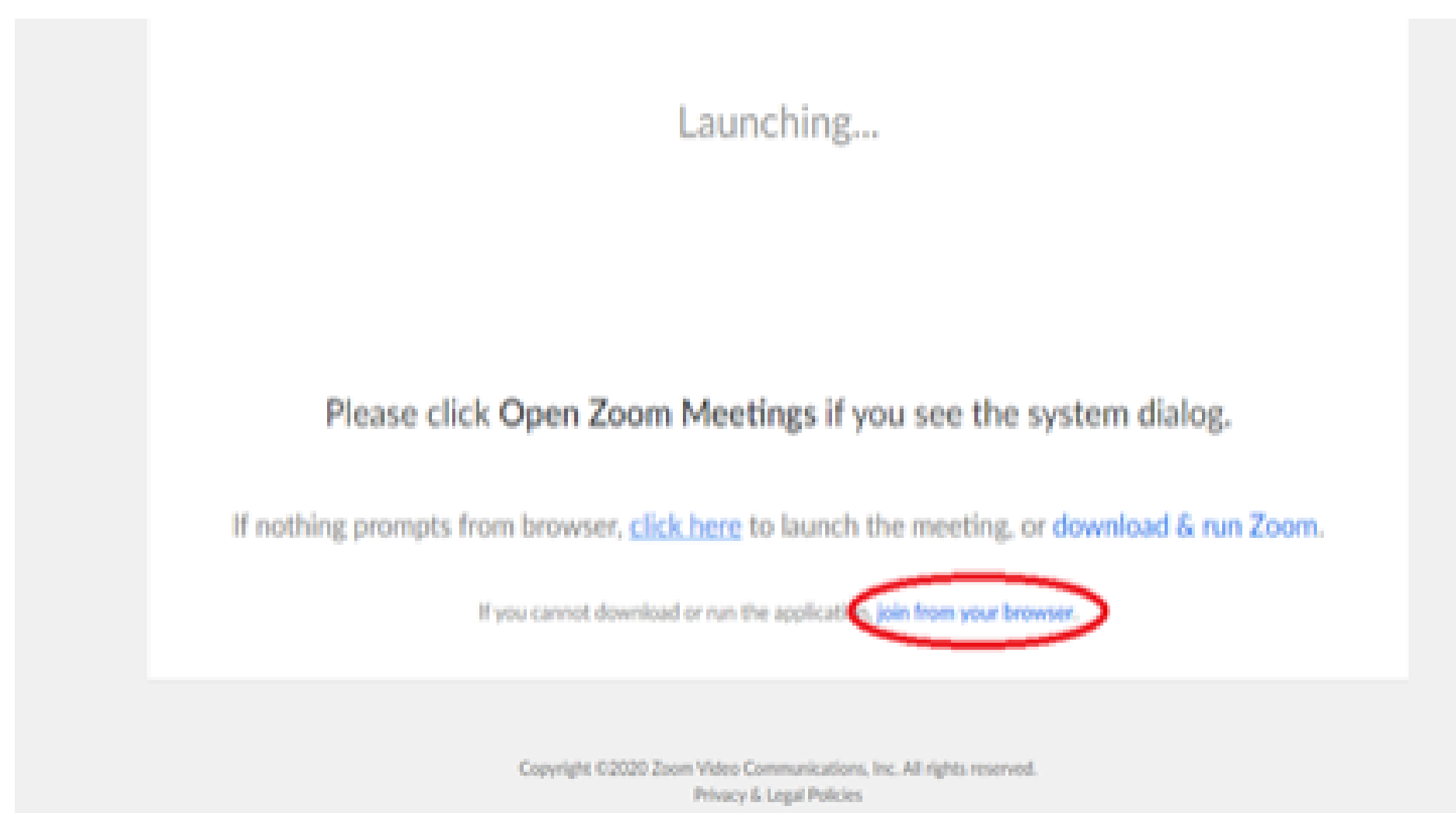
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