

YWCA CRISIS INTERVENTION Personal Empowerment Workshops 2018

All workshops are free of charge and can be formatted for one-on-one or groups, either on or off-site. Contact an advocate for more information or to schedule a workshop.

Communication

- Review communication styles
- Understand blocks to effective communication
- Discuss skills to communicate wants & needs with others

Healthy Relationships

- Discuss healthy & unhealthy relationship traits
- Review communication & fair-fighting techniques
- Identify abusive traits

Grief & Loss

- Examine thoughts & feelings around grief & loss
- Review signs & symptoms of grief
- Discuss healing strategies

Building Boundaries

- Discuss types of boundaries
- Identify healthy & unhealthy boundaries
- Review how to better set limits

Surviving Stress

- Identify types of stress
- Review impact of stress on well-being
- Discuss coping strategies for future stressors

Positive Parenting

- Review communication techniques
- Identify helpful & unhelpful forms of discipline
- Discuss the “tough” conversations

YWCA IS ON A MISSION

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