

Relationship Enhancement Presentations and Workshops

at The Source,

(Please feel free to forward to people you think may be interested. Thank you.)

At: The Source (1111 Carlisle, SE, Albuquerque, NM 87106)

On: Sunday, 1/12, 3:00 PM - 5:30 PM and/or Monday 2/17, 2:30 PM - 5 PM

For: "The Art of Listening and Speaking for Excellent Relationships."

When we feel connected to and understood by the people in our lives, we tend to feel safer and happier.

Empathic listening skills - and skills for expressing ourselves so that we can be heard - are two of the great keys to happy, connected relationships.

In this workshop, get an experiential introduction to the simple yet extraordinarily powerful skills of empathic listening and expressive communication.

The workshop will be facilitated by France Sarradon, MA, LPCC, LMFT, Clinical Director of the NM Relationship Enhancement Institute.

The cost of the workshop is \$15 - \$35, sliding scale, paid at the door. It gives 2.5 hours of CEUs.

At the workshop you will receive handouts that will help you remember what you learned and use it in your daily life. If interested, you can then attend a Basic Workshop in Relationship Enhancement (See Attachment).

Spaces are limited to 12 people due to the hands-on nature of the workshop, so please reserve your spot early by contacting France Sarradon at france.sarradon.re@gmail.com or calling (505) 344-9977.