



You Empowered Strong

# HEALTHY RELATIONSHIPS

Restoring Self & Connections

**BEGINS JANUARY 17, 2023  
BIWEEKLY ON TUESDAYS  
5:30 PM TO 8:00 PM AT  
THE EN'OWKIN CENTRE**

The You Empowered Strong Program, in partnership with the South Okanagan Restorative Justice Program are hosting a bi-weekly Healthy Relationship Series. Come learn some tools to help and strengthen family and/or personal relationships.

All sessions include dinner. Participants are encouraged to attend all sessions as they are cumulative. There is no virtual option to attend.

Open to all  
Okanagan Nation  
Members and  
Community  
Members Ages 15+

In partnership with:



## **Session 1 & 2 | January 17, 2023: Getting Healthy**

Learning fault vs. responsibility, motivation for change, and what we do well together

## **Session 3 & 4 | January 31, 2023: Understanding Feelings**

Understanding how thinking errors, self talk, and defensive behaviours allow anger to get in the way

## **Session 5 & 6 | February 14, 2023: Dealing with Anger**

Determining the difference between power and control vs. equality

## **Session 7 & 8 | February 28, 2023: Breaking the Intergenerational Cycle of Abuse**

Learning the intricacies of communication including the elements and obstacles of respectful communication

## **Session 9 & 10 | March 14, 2023: Empathy and Respect**

Determining a maintenance plan and relapse prevention for a successful, healthy relationship

## **Session 11 & 12 | March 28, 2023: Celebration & Self Care**

Taking time to celebrate and honour the work put into Healthy Relationships and developing a self care plan

**Please Note: Workshop is limited to 10 couples/relationships**

### **For more information, contact:**

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www.okanagannation.com

### **You Empowered Strong (YES)**

The YES program provides community awareness, education and training as well as resources on de-normalizing violence and sexual assault as one of the key steps to create change and change behaviors