



# Relationship Skills

## Supporting wellbeing through building skills

Relationship Skills is a series of 4 free workshops designed to enhance participants' knowledge and skills to support healthy relationships with self and others. Adults can register for any of the topics they would like to learn about.

*This workshop is delivered online via Zoom (available on smartphones, tablets, and computers).*

### Upcoming Free Workshops

#### Module 1: Relationship with Self

Knowing ourselves can help us define what is important to us in relationships. This workshop helps us to learn about ourselves through identifying our personal values. This can increase our ability to be more intentional about the choices that we make.

**Tuesday, April 22, 2025**

6:30 pm – 7:45 pm

[Register for April 22](#)

#### Module 2: Boundaries

Boundaries help us to support our sense of self as being different from others, empowering us to make choices within our relationships. This workshop looks at what boundaries are, where they come from and some skills to establish them.

**Tuesday, April 29, 2025**

6:30 pm – 7:45 pm

[Register for April 29](#)

#### Module 3: Enhancing Communication

This workshop explores communication methods and styles that can affect how our message is delivered and received. We will look at how to apply skills that can enhance the way we communicate with others.

**Tuesday, May 6, 2025**

6:30 pm – 7:45 pm

[Register for May 6](#)

#### Module 4: Listen to Understand

Listening skills improve our relationships by helping us to connect with others and their perspective. This workshop looks at skills that can help us to listen and respond with intention.

**Tuesday, May 13, 2025**

6:30 pm – 7:45 pm

[Register for May 13](#)

\*AHS, Recovery Alberta, and affiliated staff can register through [MyLearningLink](#)

For more information or help registering, contact: [MentalHealthPromotion@recoveryalberta.ca](mailto:MentalHealthPromotion@recoveryalberta.ca)

[recoveryalberta.ca](http://recoveryalberta.ca)

