



## Improve Your Relationships by Improving Your Communications Seminar

On **Wednesday, March 4**, from 7:00-8:30pm, join licensed therapist Lisa Wardle, for an interactive, family-friendly discussion on healthy and effective communication.

During our time together we will look at unhealthy communication and conflict patterns, and work with manageable strategies to replace them with healthy, productive ones. Lisa will give us tools such as "*mirroring*" which are designed to help us listen and learn to respond differently in our daily interactions.

This session uses noted psychologist and author John Gottman's techniques to learn to identify our personal knee-jerk unhealthy reactions which are barriers to positive communication. This seminar is open to children as well as adults.