



Strengthen Your Relationships

"One of the greatest human needs is to remain in relational connection with God and others. The ability to have and keep healthy, intimate relationships can lead to greater joy in life!"
-The Center for Relational Care

In this group class, you will learn and practice Biblical, relational language that will help form and transform your relationships!

\$150 / 6 sessions

Topics that will be covered in 6 (2 hour) group sessions:

- What to say when someone is hurting
- How to identify a relational need in self and others
- How to meet a relational need with words and actions
- What to do with big emotions
- Healthy tools for conflict resolution