

Feb 4, 2020
5-7PM ALIB Health Center
Boardroom
Dinner at 5pm

To register please contact Shawna Biron
250-517-0306 (text is fine) or email
shawna@freshwaterwellness.ca

Enhancing Family Harmony

Hosted by ALIB- open to Neskonlith, Little Shuswap, and Adams Lake

Family Harmony circles support caregivers to build on productive and healthy behavior patterns and relationships to enhance their family and home environment.

Participants will guide the topics of support:

Example topics include:

- Understanding Youth/caregiver relationship throughout the Child's development stages.
- Youth behavior "challenges" from colonialist perspective
- De-escalation and conflict resolution strategies (strengthening peace and harmony-based strategies)
- Healthy boundaries and de-personalization of 'others' actions.

Circles will be guided by Shawna Nevdoff, Mental Wellness Clinical Counsellor with a Double Masters in Intercultural Communication.