

## ***Building Healthy Relationships Workshops – 2012*** Bridgeway Christian Church, Rocklin, CA



**Feb 25th *Building Emotional Closeness in Your Relationships*** - Join us for a very helpful and practical class that will focus on gaining understanding and skills to help you build emotional closeness in all your relationships. Without emotional closeness people feel disconnected, misunderstood, and have a hard time recovering from conflicts.

**April 21st *Healthy Communication Skills*** - Come and learn practical communication skills to express yourself effectively and clearly, as well as learn strategies to handle those who might derail you. Won't it feel good to express both your thoughts and feelings clearly?

**June 30th *Learning How to Deal with Your Emotions*** - Most of us are scared of, disconnected from, and/or controlled by our feelings. We will come together to learn about and work with our feelings...a way of living with our hearts as well as our minds. We will learn a 4 step process that will transform our stumbling, discomfort and disconnection with our feelings into emotional growth and health. We will also learn skills to keep ourselves emotionally grounded.

**August 25th *Skills for Talking through Hard Topics*** - It is normal to shy away or avoid talking about hard topics. Come and learn effective ways to turn toward, and work through difficult topics. We will also learn about rules for "fighting fair".

**October 27th *Building a More Compassionate Relationship with Yourself*** - Most of us really struggle to treat ourselves with both grace and truth. Come and learn ways to treat yourself with compassion, while keeping yourself accountable in gentle ways. A harsh stance toward ourself makes everything worse.

**Cost:** \$5 per person, per workshop. Each workshop meets from 9:00am – Noon.

**Location:** Bridgeway Christian Church, (Chapel)  
3735 Placer Corp Drive, Rocklin, CA 916-408-6560 [www.BridgewayChristian.org](http://www.BridgewayChristian.org)

**Workshop Presenter:** Kim Fredrickson, MFT (MFC 22635) [www.KimFredrickson.com](http://www.KimFredrickson.com)  
[www.ValleyPsych.com](http://www.ValleyPsych.com)

**To Register:** Please register by sending an e-mail to Kim at [Kim@KimFredrickson.com](mailto:Kim@KimFredrickson.com) letting her know the name of the seminar you are registering for, and the names of those attending. \$5 will be collected at the door, cash or check only. Child Care is available by calling the Soul Care Center at Bridgeway to reserve a spot 916 - 626-3017