This workshop integrates evidence-based strategies for addressing common relationship dynamics with the lived experience of several coules who have successfully faced the challenges of re-integrating into civilian life.

Call to register:

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September 2018

Mastering Healthy Relationships: It is Not About the Nail

A free workshop for Veterans
October 15, 2018

eliminating racism
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www.ywcaaz.org

Who Should Attend?

- Any Veteran who is in an intimate partnership or hoping to explore healthy relationships further.
- Veterans can come as a couple or by themselves. Please register each person attending separately to ensure there is enough space.
- This is not an itervention for more significant relationship issues. If that level of care is needed, please contact Dr. Doyle for resources.
- For questions or referrals, contact:

Kathryn Doyle -

602-277-5551, ext. 2680

Objectives of the Program

- Identifying the qualities of a healthy relationship.
- Reviewing some evidence-based relationship tools.
- Learn to de-escalate situations that may lead to conflict.
- Learning from the experiences of other Veterans and their partners who have successully addressed the challenges of reintegration into civilian life.

Other Key Points

- Registration will be from 9:30 to 10 a.m.
- Workshop Monday, October 15, 2018.
- The workshop is from 10 a.m. to 3 p.m. with a break for lunch.
- The workshop is co-facilitated by Dr. Brandi Luedtke, Psy.D., and Linda MacLeish, MC, LPC, ERYT.
- Lunch will be provided for free.
- Skills taught are evidence-based relationship tools that can help improve communication.
- Skills will be practiced with other workshop attendees.
- It will be held at the lovely **Franciscan Renewal Center 5802 E. Lincoln Drive, Scottsdale, AZ 85252.**
- Registration will be capped at 50 Veterans.