



## Healthy Relationships

## 健康家庭关系

每个移民家庭都有自己面临的挑战和需要--移民、分离、教养孩子、文化融入等等。然而，每一个经历都是一次学习和成长的过程，诚意邀请您参加为期四周“健康家庭关系”的课程。

- 在人际关系中设定界限
- 情绪/愤怒管理
- 与孩子健康沟通的技巧
- 与伴侣健康沟通的技巧

报名请联系前台：604-988-2931 or [office@impactnorthshore.ca](mailto:office@impactnorthshore.ca)  
咨询请联系：604 973 0468 [tingr@impactnorthshore.ca](mailto:tingr@impactnorthshore.ca)

### Program Highlights

**Thursdays and Fridays**

**March 5, 13, 19 and 27**

**1:00 pm - 2:30 pm**

Join this Chinese-language program to explore challenges of intimate relationships encountered by immigrant families and learn ways to improve and reshape intimacy along the settlement journey.

**Guest Speakers:** UBC Nursing School Team

### Details:

This program will be presented in English with support in Mandarin.

This workshop is open to newcomers and im/migrants.

**Online via Zoom**

Details provided upon registration.

To participate in this workshop, you must be registered as a client with Impact North Shore.

This program is government funded and free of charge.

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