

NAVIGATING RELATIONSHIPS

ESSENTIAL FOUNDATIONS FOR THE ART OF EMPATHY AND COURAGEOUS CONVERSATIONS



Facilitated by:

- **Spencer Gorin**, RN, AOD & Harm Reduction Program Specialist, UA, Creator of the Healthy Play, Navigating Relationships, and Buzz programs
- **Wendy Larsen**, Regional Consultant, Kids at Hope
- **Bambi Sigg**, Customer Relations Specialist, Kids at Hope

July 30 from 1-4 pm Pacific Standard Time **\$59 for this 3-day,**
July 31 from 1-2 pm Pacific Standard Time **5 hour workshop**
August 20 from 1-2 pm Pacific Standard Time

In this 'Navigating Relationships' workshop, adult Treasure Hunters will:

1. Learn and explore the Three Foundational Concepts to navigate all personal and professional relationships
2. Identify healthy "adult" approaches to relationship challenges.
3. Understand the differences between "fitting in" and truly belonging.
4. Identify powerful take-away messages to use "back at the ranch" that will significantly help the young people with whom you work.

When we experience deep genuine connections with caring adults in our lives, we naturalistically gravitate towards wanting meaningful and healthy relationships. All we need to do is gift each other with simple foundational concepts on how to create healthy bonds and provide experiential opportunities for relevant and courageous conversations.



To register for this fun & interactive online workshop go to:

[Navigating Relationships Workshop](#)
Or you can call Bambi at 602-565-4064
Bambi@kidsathope.org