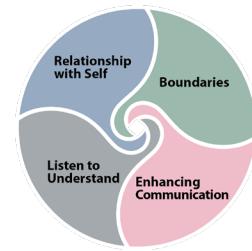


Relationship Skills Workshops

Relationship Skills is a series of four free workshops for adults designed to enhance participants' knowledge and skills to support healthy relationships with self and others. By registering, participants will receive one zoom link and are encouraged to attend any of the sessions.



This workshop is delivered online; a reliable Internet connection required.

Upcoming Free Workshops

Module 1: Relationship with Self

Knowing ourselves can help us define what is important to us in relationships. This workshop helps us to learn about ourselves through identifying our personal values. This can increase our ability to be more intentional about the choices that we make.

Tuesday, February 3, 2026 6 p.m. to 7:15 p.m.

Register Here

<https://www.leduc-county.com/event-registrations/event-registration-feb-3-24-relationship-skills-series>

Module 2: Boundaries

Boundaries help us to support our sense of self as being different from others, empowering us to make choices within our relationships. This workshop looks at what boundaries are, where they come from and some skills to establish them.

Tuesday, February 10, 2026 6 p.m. to 7:15 p.m.

Register Here

<https://www.leduc-county.com/event-registrations/event-registration-feb-3-24-relationship-skills-series>

Module 3: Enhancing Communication

This workshop explores communication methods and styles that can affect how our message is delivered and received. We will look at how to apply skills that can enhance the way we communicate with others.

Tuesday, February 17, 2026 6 p.m. to 7:15 p.m.

Register Here

<https://www.leduc-county.com/event-registrations/event-registration-feb-3-24-relationship-skills-series>

Module 4: Listen to Understand

Listening skills improve our relationships by helping us to connect with others and their perspective. This workshop looks at skills that can help us to listen and respond with intention.

Tuesday, February 24, 2026 6 p.m. to 7:15 p.m.

Register Here

<https://www.leduc-county.com/event-registrations/event-registration-feb-3-24-relationship-skills-series>

For more information or help registering, contact: Kristin Gitzel at 780-955-6421 or kristin@leduc-county.com.



Relationship Skills Series was developed by:

Recovery Alberta, Mental Health Promotion & Illness Prevention in collaboration with North Zone Addiction & Mental Health.

© 2025. Recovery Alberta

Version: 01. June 2025. Email: MentalHealthPromotion@recoveryalberta.ca