

# 'HEALTHY RELATIONSHIPS'

Healthy relationships develop when people form a connection based on mutual respect, trust, and honesty. In these relationships, the individuals feel safe, supported and are able to communicate effectively. These relationships contribute to our overall good health and well-being. Relationships exist in all aspects of our life: Family, friends, community, or nation

**Date:** Monday, December 3, 2018

**Location:** Saugeen Library

**Time:** 9:30am - 4:30pm

9:30am-11:30am - Healthy Relationships

12:00pm-4:30pm - 1.5hr one-on-one or family/friends sessions

Call To Register - Limited Seating 519-797-3336

## **Liz Akiwenzie from Manitou Kwe Consultation**

Specializing in cultural competency awareness and training.

Keynote: Topics: Education on western world view vs Indigenous world view. Education, justice & corrections, health and wellness of self, family, community & nation.

Liz has 35 years of experience providing cultural healing & wellness. She is Ojibway and Oneida with an education in Social Service work. She has worked in the health, education, addiction, as well as justice & correctional services sectors.

