

Emotionally Healthy Relationships

Each week's topics:

Session 1 - Take Your Community Temperature Reading

Session 2 – Stop Mind Reading and Clarify Expectations

Session 3 – Genogram Your Family

Session 4 – Explore the Iceberg

Session 5 – Incarnational Listening

Session 6 – Climb the Ladder of Integrity

Session 7 – Clean Fighting

Session 8 – Develop a “Rule of Life” to Implement Emotionally Healthy Skills