



SANTA FE
RESILIENCY CENTER

A Program Provided by



Innovative Alternatives, Inc.

*Finding solutions to life's most difficult people problems
through mediation, counseling and training, since 1989!*

PLEASE JOIN US FOR

BBR

**BUILDING BETTER RELATIONSHIPS
TRAINING**



CLASS OFFERED TWICE MONTHLY

2nd Saturday of Each Month 9am – 1pm
Fourth Week of Each Month
Tues & Thurs Evenings, 6-8pm

Location Depends on
Number of In-Person Attendees

Call Us Today

713-222-2525

Or Email

Elizabeth Whelan

ewhelan@innovativealternatives.org

Participants Learn:

- Communication Skills
- Conflict Resolution Techniques
- Initiation of difficult topics without causing others to feel attacked
- De-escalation skills when someone attacks you verbally
- Using these skills builds success in:
 - Family Life
 - Academic Life
 - Work Life
 - Community Life

Sign up for Virtual OR In-Person

We will practice Social Distancing and Wear Mask for in-person Instruction