



## BUILDING THRIVING RELATIONSHIPS

Everyone has relationships: parent-child, sibling, husband-wife, supervisor-worker, co-worker, friends, extended family, and the list goes on. For this reason, this course is helpful for anyone wanting to build, strengthen, or re-build a relationship.

Great relationships are built with proper materials, tools, knowledge, and application. Both need to be constructed on a strong foundation requiring understanding, time, and personal integrity to name a few. This seminar will discuss ways to establish and maintain happy, healthy, thriving relationships. Darren will also share the how to of establishing and maintaining proper boundaries, eliminating unhealthy, and unwanted relationships. Although this is not a couples only course some time will be spent on building marriage relationships.

### **Darren Johansen, CMHC**

Darren has been married 29 years, been parenting for 26 years, and has a Master's degree in Clinical Mental Health Counseling. He is also a leading member of the National Speakers Association, and his passion is assisting others. His expertise includes finance, relationships, and supporting working professionals with any life challenge.

**Tuesday's**

**April 5, 12, 19, 26  
May 3**

**7:00 to 8:30 p.m. on Zoom**

**Sign up at [BlomquistHale.com](https://BlomquistHale.com)  
under "Workshops"**