

# RELATIONAL COMMUNITY

Presented by Wess Ferguson, L.M.F.T.  
Certified Advanced Relational Life Therapist

A stimulating gathering of relationally-minded people interested in learning, reinforcing and developing relational skills based upon the work of Terry Real and The Relational Life Institute. Although requested by Individuals who have completed a “Relational Living” group, “Community” is **open to anyone** looking for cutting-edge emotional and relational tools in a safe, supportive environment. “How to” skills to be covered in up-coming groups include:

- Identify your wants and needs
- Listen well and respond generously
- Set limits and to stand up for yourself
- Know when to back off
- Share yourself without giving advice and to receive others
- Cherish others and yourself
- Establish clear emotional boundaries
- Develop healthy self-esteem
- Curb five dysfunctional patterns of behavior common to us all

Community is open to both men and women, individuals and couples and will meet every other month from 9:00 a.m. to 11:00 a.m. As an “open” group everyone is invited to attend, even if they haven’t been involved in a therapeutic group before.

There is no formal commitment. You come when you want to learn new relational skills, ask questions or just to become more skilled in using the ones you’ve learned. Come dressed in casual, comfortable clothes.

To assist us in planning and for cost information, please contact Tammy at 209-527-8943 to register before each class.