



RELATIONAL SKILL BUILDING

FUNCTIONAL ADULT SKILLS 2.0

IMPROVE YOUR
RELATIONSHIPS

MONDAY EVENINGS
JULY 20, 27; AUG 3, 10

7:00PM – 9:00PM

TERRI DELANEY, MSW, LICSW, SEP


LIVE ONLINE CLASS
REAL-TIME INSTRUCTION

Contact Terri Delaney to reserve your spot \$260 for the 4-week series (\$10 check discount) 612-387-4202 or email terri@lifestorycounseling.com

This **Advanced Functional Adult Skills** class goes deeper into the five core issues, looking at how we can use somatic skills to help us regulate and engage more effectively. Real-time lecture format with discussion and Q & A. Prerequisite is completion of the Growing Your Functional Adult Class.

Functional adult skills include knowing we have **inherent worth**, using good **boundaries**, being **self-aware** and **accountable**, doing healthy **self care** and being **moderate**. This can be learned!

relationalskillbuilding.com



Identify and change patterns
from childhood that are not
serving your life, work,
partnerships and parenting

Learn how to utilize boundaries
to protect yourself and
your loved ones

Claim the truth:
You are worthy and valuable
just as you are