



# INTERPERSONAL EFFECTIVENESS CLASS

**BEGINNING JUNE 15TH**

Relationships, be they with family members, friends, or romantic partners, are complicated. It can be difficult to know how to manage them effectively, especially when we throw emotions into the mix!

Our 10-week class provides skills taught in Dialectical Behavioral Therapy to help with the important components of healthy relationships, such as communication, compromise, and empathy.

Call us at (816) 368-2000 to learn more!

**LEARN HEALTHY  
RELATIONSHIP  
SKILLS**

**EFFECTIVELY  
COMMUNICATE  
YOUR NEEDS**

**STRENGTHEN YOUR  
RELATIONSHIPS**

**ADVOCATE FOR  
YOUR BELIEFS**

**UNDERSTAND THE  
NEEDS OF OTHERS**

**THE CENTER FOR  
HEALING &  
RECOVERY**

8801 E 63rd St #101  
Raytown, MO 64133

[www.healingandrecoverykc.com](http://www.healingandrecoverykc.com)

Starting 06/15/17 at 6PM  
All classes are 60 minutes