

# WANT TO LEARN MORE ABOUT HEALTHY RELATIONSHIPS & BOUNDRIES? WE CAN HELP!

Please Join Us for a free workshop:  
**Empowered Connections: Building Healthy  
Relationships with Boundaries in Mind**

Cultivating a healthy relationship starts with ourselves, and a strong foundation is important. Dive into discussions on building thriving relationships and navigating post-injury connections. Learn more about how to establish and communicate boundaries effectively. Explore practical tools to navigate the sometimes delicate balance of setting limits while maintaining connections, creating more fulfilling relationships.



Chelsea Oaten is a Certified Sexual Health Educator in Central Vancouver Island. An advocate for comprehensive and inclusive education for all, Chelsea has a passion for empowering others to build and maintain healthy relationships.

**This informative workshop is offered at NO COST for anyone  
affected by brain injury or who would like to learn more.  
Everyone welcome!**

## **JOIN US:**

TUESDAY, FEBRUARY 27, 2024

10:30-12:00PM

NANAIMO BRAIN INJURY SOCIETY

#101 - 235 BASTION ST.

## **LIMITED SPACES, RSVP TODAY:**

EDUCATION@NBIS.CA

OR CALL: 250-753-5600 EXT. 4



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