

Social Wellness and Safety



A four-week series

Internet safety

The internet can be a great source of information and also a great way to connect with others but it is important to learn how to use the internet safely. Join us in learning how to stay safe online and to discuss different topics such as social media, how to protect your personal information, and cyber bullying.

Setting boundaries

Setting boundaries with yourself and among relationships in your life is a good strategy in promoting your mental health and self-care. Today we will be discussing what healthy boundaries are with a focus on defining, communicating, and incorporating boundary settings in your everyday life to ensure you can enjoy healthy relationships.

Relationships

Relationships are so important! Many people struggle in relationships. Join us to learn about the characteristics of unhealthy and healthy relationships, the benefits of a healthy relationship, and how we may be able to communicate more effectively within these relationships.

Assertive communication

One of the ways we can work to strengthen our relationships and build our self-confidence is to use assertive communication. Assertive communication is clearly expressing your thoughts, feelings, and opinions in a way that respects your rights and the rights of others. In this session we will learn different communication styles, explore the communication style you use now, and practice using assertive communication.

Virtual Group
Thursdays
February 2 - February 23
4:00pm - 5:00pm

To register:

Please email Kailey Cheropita at kcheropita@bethesdaservices.com

Registration email should include the group name that you would like to register for and your contact information, including name, email and phone number.