

Belvedere Family Church: Safe Conversations September Sessions Sign Up

Justin Okamoto
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JOIN US FOR LIFELONG LEARNING!

Following the Generational Healing protocol K.A.S.P.,
we begin with K:

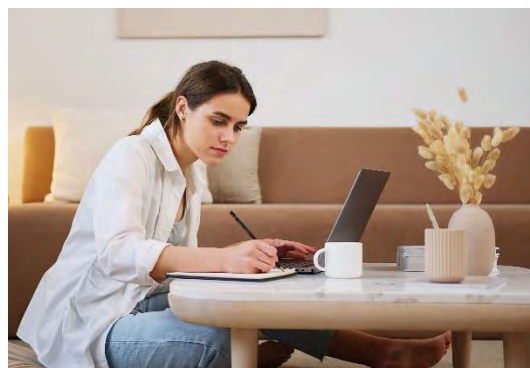
Deepen your knowledge with



Learn a 3-step dialogue process that gives you the experience of connection and makes it possible to talk with anyone about anything without polarization. In response to those who attended the Relationship Readiness course, we have created a program to support those on their journey of Lifelong Learning! Kendra Stein and Nancy Bulow will work together over the next several months to offer courses and weekly support groups.

K: Knowledge

We highly recommend a 4-hour Safe Conversations® workshop as a foundation for further practicing the skills in support groups. Unless we feel safe, we cannot truly CONNECT. With Safe Conversations we create an environment to communicate in a genuine and safe way.



Safe Conversations®

Session 1: Thurs., Sept. 1st, from 1pm-3pm EST

Session 2: Thurs., Sept. 8th, from 1pm-3pm EST.

If you have already completed a 4-hour SC program,
you are welcome to join us for free!

[Visit the website to register](#)

A: Awareness, small support group classes.

The theme of September will be Safe Conversations and you will be guided to discover your own core wound, the impact of that wound, and what kind of need this creates in the present.



SEPTEMBER Support Group Classes

Wednesdays, Sept. 14th, 21st, and 28th, from 1pm-12:30pm EST.

S: Skills and P: Practice

Practical applications of your new knowledge and awareness! In the support group you will have time to ask questions and be coached and guided with your challenges.



[Visit the website to register](#)

You will be given the opportunity to reach out to "classmates" and practice, get support and inspiration.

Small group classes will continue for three months with different themes such as Real Love, Boundaries, etc.

Thank you again to all those who showed interest in Lifelong Learning!
We are excited to be on this journey together!!

All programs will be recorded for your convenience.

Only those who register will be part of the closed group and receive the recording.

At a Glance

Safe Conversations:

2-session Webinar (4 hrs. total)
Thursdays, Sept. 1 & 8, 1-3 pm EST
\$80/individual or family

Small Group Classes:

September theme – Safe Conversations
Wednesdays, Sept. 14, 21, 28, 11am-12:30pm EST
\$60/month (access to three 90 min. classes)

October theme – Real Love, by Dr. Greg Baer

We will investigate how we use Getting & Protecting Behaviors with practical examples and stories we can learn from. We will brainstorm how to receive the real love we need and how to become wise men and women for each other, and more.

November theme - Boundaries

Based on the book "Boundaries: When to Say YES, When to Say NO, To Take Control of Your Life".

[Visit the website to register](#)

REGISTER FOR UPCOMING SESSIONS

SAFE CONVERSATIONS®

Session 1: Sept. 1st from **1pm-3pm EST**

Session 2: Sept. 8th from **1pm-3pm EST**

When you CONNECT with others, then you can COMMUNICATE. We'll show you how to begin sentences so the conversation doesn't blow up and how to respond in ways that provide safety. In the end, you'll be able to discuss difficult topics without fear or conflict. **Any relationship can be transformed. Safe Conversations can show you how.**

REGISTER FOR SAFE CONVERSATIONS®

SMALL GROUP SUPPORT CLASSES ON WEDNESDAYS

Wednesdays, Sept. 14th, 21st, and 28th from **11am-12:30pm EST.**

The theme of September will be Safe Conversations and you will be guided to discover your own core wound, the impact of that wound, and what kind of need this creates in the present. We will explore what a trigger is, how to manage frustrations, and how to express appreciations that create connection in the space between.

REGISTER FOR SEPT. SMALL GROUP

FOR THOSE WHO HAVE PARTICIPATED IN A PREVIOUS SC COURSE

REGISTER FOR 3 MONTHS OF SUPPORT GROUP:

SEPT, OCT, & NOV.

NEW THEMES EACH MONTH!

September theme – Safe Conversations

Wednesdays, Sept. 14, 21, 28 – 11am-12:30pm EST
\$40/month (access to three 90 min. classes)

October theme – Real Love

We will investigate how we use Getting & Protecting Behaviors, practical examples, and stories we can learn from. We will brainstorm on how to become wise men and women for each other, and more.

November theme - Boundaries



REGISTER FOR 3 MONTHS OF SMALL GROUP

COURSES TAUGHT BY NANCY BULOW AND KENDRA STEIN.

LEARN MORE ABOUT NANCY

LEARN MORE ABOUT KENDRA

MORE ABOUT SAFE CONVERSATIONS®



Unless we feel safe we cannot truly connect. With connection we can genuinely communicate. In a Safe Conversations® (SC) you experience how to talk and how to listen so both people feel safe, valued and connected. Learn a 3-step dialogue process that makes it possible to talk with anyone about anything without polarization.

The Background: Harville Hendrix, Ph.D. and Helen LaKelly Hunt, Ph.D., partners in life and work, are the founders of Imago Relationship Therapy, and most recently Safe Conversations®. They have written over 10 books, including three *New York Times* bestsellers. Yet, even as relationship experts, their marriage almost didn't survive. Learn the amazing story of how they saved their marriage and have given hope to so many.

VISIT THE SAFE CONVERSATIONS WEBSITE TO LEARN MORE