

**Healthier
Relationships
on your list for 2008?
Forget New Year
Resolutions!
Give yourself an early Xmas
present and make those
changes **Now!****



**Relationship Training
At Wood Green Central Library!**

Venue: The Business Lounge, Wood Green Central Library, Wood Green N22 6XD.

How to Register: First decide which workshops you would like to attend. Then register your details:

In person: Complete the registration form located at the Information Desk at Wood Green Library.

Via Internet: Visit www.donnaintera.co.uk And complete on line registration form.

How To Get There: Buses 329, W4, 221, 141, 121, 232, 184, 144, 243, 67, 123, 29 Nearest Tube Wood Green, Piccadilly Line

**Building Safe Intimacy
Tuesday 27th November
9.30 - 1pm**

Do you rush into relationships only to discover you are not compatible? Does getting close hurt too much? Using the 'Dating Scale' this workshop will help you evaluate how you approach intimacy and give you tools build safe intimacy.

**How to be a Confident
Thinker**

**Friday 30th November
1 – 4.30 pm**

Would you like to become a confident, clear thinker? Feel confused about what decisions to make? Other people's opinions become more of a reality that what you think? Then this workshop is for you.

**Confronting with Love
Saturday 1st December
1 – 4.30 pm**

Do you have difficulty confronting others? This workshop will give you some practical tips to be more confident in talking about difficult issues. You can quit saying yes when you really mean no!

Course Info & Trainer

Joanne Robinson 07944 577 754