



SANTA FE  
RESILIENCY CENTER

A Program Provided by



**Innovative Alternatives, Inc.**

*Finding solutions to life's most difficult people problems  
through mediation, counseling and training, since 1989!*

PLEASE JOIN US FOR

# BBR

**BUILDING BETTER RELATIONSHIPS  
TRAINING**



**CLASS OFFERED TWICE MONTHLY**

-1<sup>ST</sup> SATURDAY of Each Month 9am – 1pm

-Last week of each month

Tues & Thurs evenings 6 - 8pm

Location Depends on  
Number of In-Person Attendees

Call Us Today

**713-222-2525**

Or Email

Elizabeth Whelan

[ewhelan@innovativealternatives.org](mailto:ewhelan@innovativealternatives.org)

**Participants Learn:**

- Communication Skills
- Conflict Resolution Techniques
- Initiation of difficult topics without causing others to feel attacked
- De-escalation skills when someone attacks you verbally
- Using these skills builds success in:
  - Family Life
  - Academic Life
  - Work Life
  - Community Life

**Sign up for Virtual OR In-Person**

**We will practice Social Distancing and Wear Mask for in-person Instruction**