

LIFE Seminars

Living In Families Effectively



Hello and welcome to Mad Love. I'm really looking forward to our classes.

The LIFE courses have a profound, positive impact on families. If you have any questions about the courses, please email me: allisonrees@shaw.ca.

Please mark the course dates in your calendar for your class starting on Tuesday, October 18th, 2022, and running for 7 weeks. The class will begin promptly at 7:00 and run until 8:30. Additional time can be given to couples who want to practice or discuss the skills with the LIFE Team. This is covered in your couple rate.

This course takes a deep dive into relationship skills, our past, and breaking ineffective patterns. If you take a dive into the material, practice and listen to additional materials provided, you'll be well on your way to making changes.

The invite below will be your ongoing Zoom link for either the noon or evening class. If you need to change your time of viewing, just email me to let me know.

Allison Rees is inviting you to a scheduled Zoom meeting.

Topic: Mad Love

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://zoom.us/j/92157357877?pwd=THE0NFNKdkFDb0JiVDNON2p5TFNWZz09>

Meeting ID: 921 5735 7877

Passcode: 953970

- Please arrive to class on time and show up on screen.
- Children should not be present for the course. If one of you needs to put the kids to bed and join later, that is just fine. Hopefully you have a separate space to take the course in your home.
- If you are taking this course with your partner, speak only for yourself and about yourself.
- If there is an option to ask questions aloud in the large group, please use the "raise hand" notifier in zoom so I can see you have a question.
- Please remember that this is a course, not therapy.

Cont'd.

Discussion Group Guidelines:

Being part of an educational group is a shared experience that requires awareness of group protocol. To create an element of safety, we have these suggestions:

- Stay on task with the material at hand rather than jumping ahead and trying to solve problems too soon.
- Be open to learning so that you can become your own expert.
- Participants are asked to resist the urge to give each other advice.
- Keep your sharing to the point and avoid story telling.
- There are very few pat answers when it comes to parenting, work week to week and you will get a lot out of the course.

To get the most out of this course, show up every week. Take the time as soon as you can to read the handout provided.

Dr. Allison Rees and Team