

# Healthy Relationships Training

January 14 - 15, 2021



Training provided by the Native Wellness Institute  
[www.NativeWellness.com](http://www.NativeWellness.com)

*The Native Wellness Institute exists to promote the well-being of  
Native people through programs and trainings that embrace  
the teachings and traditions of our ancestors.*



# Healthy Relationships Training

January 14, 2021

9:00 am	<b>Opening Ceremony</b> Welcome, Blessing, Introductions, Why We're Here, Overview, Ice-breaker
9:30 am	<b>Introduction to Healthy Relationships</b>
10:30 am	<b>Discussion</b>
10:55 am	<b>Closing</b>
11:00 am	<b>Break</b>
Noon	<b>Recognizing Historical and Intergenerational Trauma</b>
1:00 pm	<b>The Power of Healing in Relationships</b>
2:00 pm	<b>Break</b>
3:00 pm	<b>Gender Differences</b>
4:00 pm	<b>Closing</b>



# Healthy Relationships Training

January 15, 2021

9:00 am	<b>Opening Ceremony</b> Welcome, Blessing, Check-in, Review, Ice-breaker
9:30 am	<b>Healthy Communication and Conflict Resolution</b>
10:30 am	<b>Discussion</b>
10:50 am	<b>Closing</b>
11:00 am	<b>Break</b>
Noon	<b>Coming Together as a Couple</b>
1:00 pm	<b>Living in Balance</b>
1:50 pm	<b>Closing</b>
2:00 pm	<b>Break</b>
3:00 pm	<b>Love and Romance</b>
3:50 pm	<b>Closing</b>
4:00 pm	<b>Adjourn</b>