head & hands
à 2 mains

ALL HEAD & HANDS WORKSHOPS START AT
$100, WITH A SLIDING SCALE

SOCIAL WORKSHOPS

Social workshops are provided by our social counsellor, Rhonda. To book a workshop, or learn more, contact Rhonda at social@headandhands.ca

DEPRESSION AND SUICIDE: HOW TO RECOGNIZE SYMPTOMS & FIND HELP

Depression is not uncommon, even among young people. Living a healthy, active lifestyle can really be a big help and what that lifestyle looks like is discussed in this workshop. Sometimes, though, we might need extra support – where to access that support in Montreal is also presented to participants.

CONFLICT STYLES & HOW THEY INFLUENCE OUR RELATIONSHIPS

Participants fill out a conflict styles inventory that helps assess which of the five different conflict styles they generally rely on. The counsellor then addresses the impact each style has on our interpersonal relationships whether they be personal or professional.

WHAT ENCOURAGES HEALTHY RELATIONSHIPS?

Principles that inspire healthy relationships are presented to participants and then a discussion is facilitated by the counsellor. This is based on the five keys to a healthy relationship based on the text "How to Be an Adult in a Relationship," by David Richo.

KEEPING BALANCE IN OUR LIVES

This workshop is based on the belief that in order to feel our best, it is important to have "balance" in our daily lives. This workshop has participants look at their physical, emotional, spiritual, and intellectual well-being. If one of these areas of our lives is "out of sync," the others are challenged as well. Participants will craft and discuss what the concept of balance means in their lives.

DEVELOPING HEALTHY BOUNDARIES

Boundaries are about loving or working with others. It is not about rigid boundaries, lines in the sand, ultimatums. Boundaries are not the solutions themselves, but they open the door for solutions to be discovered.

What do I mean by that? Rigid boundaries say NO! NEVER!! Healthy boundaries say, "Tell me more about why you feel that way" or "Tell me more about what you're thinking". Healthy boundaries are about good communication.

This workshop helps participants begin to understand the concept of how our personal boundaries impact on our relationships with others.