



FINDING YOUR VOICE
BCMF WOMEN'S PROGRAMMING

Relationship Awareness: Raising the Red Flags

Saturday, January 25, 10:00am-12:30pm

Emmanuel Church, 2600 Hebert Road, West Kelowna

Empower yourself by recognizing potential red flags in relationships.

Gain insight into the dynamics of abusive behavior and learn to prioritize your emotional well-being by:

- ▶ Identifying early warning signs of unhealthy relationships.
- ▶ Understanding the underlying factors contributing to abusive behavior.
- ▶ Exploring strategies for setting boundaries.

Presented by Lisa Matyszewski

Lisa Matyszewski is a Training & Development Specialist at the BC Society of Transition Houses. She works from an intersectional feminist and trauma-informed lens, and is passionate about promoting relationships that foster respect and dignity.



BC Society of
Transition Houses

Register for FREE online at: bit.ly/3ZzUj00

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