



LUNCH

LIVING WELL



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Mindful Communication

Facilitated by Dr. Bonnie Lee, Associate Professor in Addictions Counselling, Faculty of Health Sciences and a Board of Governors Research Chair (Tier II). Dr. Lee is a Marriage and Family Therapist, her clinical research focuses using couple's communication to restructure attachment bonds to reduce addiction symptoms and heal from adverse childhood experiences.

Bring your lunch on Tuesday, October 9th, 2018, and join us from 12 – 1 PM in AH 100

We all have the power to generate life-giving possibilities through communication. What are the factors one needs to be mindful of when communicating? How does one apply a mindful approach to communication, especially when under stress? Together we will begin to disentangle the complexities of communication with case examples.

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Register Online or by email: Wellness@uleth.ca