

Improving your relationships: A five-week series

Healthy relationships start with YOU! This powerful five-week series will help you understand who you are as a person and what you need in a relationship. You'll learn about common relationship challenges, how to sustain and improve an ongoing relationship, and how to co-parent a child with your ex.

Join us each week for this five-week relationship series

Thursdays,
Mar. 14 – Apr. 11
6 pm – 7:30 pm
8 pm–9:30 pm Central
9 pm–10:30 pm Eastern

Registration
link above.

March 14: *Activating Wellness Within*

Let's jump start your journey to understanding who you are and how you show up in relationships.

March 21: *When Two Worlds Collide*

Learn about common challenges in relationships, but more importantly, what helps relationships thrive.

March 28: *Let's Be Real: Communication is Not the Enemy*

Tonight you'll explore the skills needed to improve communication.

April 4: *Good Grief! I Still Gotta Deal With Him/Her*

We'll help you explore ways to adjust your thinking to raising your child with your ex.

April 11: *Connections that Count: Nurturing Non-Romantic Relationships*

Learn how to foster quality relationships with children, friends and family members.



Series presenter Dr. Kenika S. Holloway has been a licensed professional counselor for more than 15 years. As the owner of *Activating Wellness Within*, a private counseling practice, she meets with clients online to support them with a variety of issues. Dr. Holloway earned her bachelor's degree at Florida A&M University and both her master's and doctoral degrees from Mercer University in Atlanta, Georgia. She specializes in marriage and family counseling.

Dr. Holloway is passionate about helping people foster positive transformations and gain insight into their thoughts, feelings and behaviors while cultivating positive relationships. She has presented at state conferences as well as internationally, was a featured guest on the TV show, *Driving to Achieve*, and is an on-air personality with her own broadcast, *Healing Conversation*, on JPRG Radio. She was an adjunct professor at Mercer University and a Spanish teacher at a private school. Dr. Holloway has two teenage sons and enjoys ziplining, writing, reading, traveling and gardening.