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News Release

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Learning a Different Way to Communicate

Nanaimo, British Columbia – Communicating should be simple. Say what’s on your mind; listen to the other person. So why can it be such a challenge? How do our best intentions get caught up in spiralling misunderstandings, and more importantly what can we do about it? With the right tools, we can defuse these situations, and even avoid them altogether. This can open up an entirely new channel of understanding with the people we know. Cathy and Ernie McNally, core faculty from The Haven on Gabriola Island, will be holding two workshops to share their toolkit, show you how to build your own, and use it to improve your relationships.

On Sunday, November 21st, at the Coast Bastion Hotel in Nanaimo, The Communication Toolkit will show attendees how we communicate, and what we could do better to improve our relationships with everyone around us. Then on the following Sunday, November 28th, again at the Coast Bastion Hotel in Nanaimo, they will hold the Relationship Toolkit, which focuses on the primary relationships in our lives, how we can un-stick from old patterns and develop a deeper, stronger connection.

Since 1983, The Haven has offered experiential programs for personal and professional growth and development, emphasizing self-responsibility, effective communication, healthy relationships, creative expression and integration of body-mind-spirit. Haven programs help people live their lives more fully and with deeper awareness of themselves and others. A not for profit charitable organization, The Haven is located on Gabriola Island, BC, Canada.

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