The Mental Illness Task Force is offering a two-part workshop aimed at helping retain relationships during conflict.

The first online workshop will take place this Thursday, Jan. 28, from 1-5 p.m. The second workshop is scheduled for Thursday, Feb. 4, also from 1-5 p.m.

To register, visit [www.momentumcentergh.org/retaining-relationships](http://www.momentumcentergh.org/retaining-relationships).

Since the second workshop builds off the discussions of the first event, attendees must attend the first workshop if they want to participate in the second.

The workshops are aimed at helping with relationships between loved ones, friends, neighbors, co-workers and other relationships everyone faces. The interactive meeting includes presentations, exercises for participants to practice at home and participation feedback.

Panelists include Ann McKnight, a clinical social worker; Holly Jasinski of Resilience, whose expertise is safe and healthy intimate partner relationships; and Sarah Lewakowski of Mosaic Counseling.

The workshops stem from feedback from Anti-Racism Task Force and Mental Illness Task Force meetings as people requested tools to have successful conversations and relationships.

“As we offer opportunities to engage in community conversation, we are often reminded of how polarized we have become about so many issues,” said Barbara Lee VanHorssen, executive director at The Momentum Center for Social Engagement. “At a time when we need each other more than ever, we often find ourselves pulling away from or even cutting off important people in our lives because of our disagreements and the different ways we view the world around us.

This workshop recognizes the need to stay connection to each other, and to do that in healthy ways,” she added. “It will also discuss the warning signs that tell us when we do have to walk away to preserve our own health and well-being.”
The recommended readings for these workshops are “The New Science of Adult Attachment and How It Can Help You Find – and Keep – Love” by Dr. Amir Levine and Rachel Heller; and “My Grandmother’s Hands” by Resmaa Menakem.