



Touchstone Family Association

Strengthening Family • Building Community

Circle of Harmony

CONNECTING HEARTS CREATING PEACE

A Free 8-week Group for Richmond Families

A safe and supportive space to understand domestic violence and intimate partner violence, recognize harmful patterns, and reduce conflict.

Learn practical skills and develop safer, more respectful relationships.

Group Focus Areas

- Recognize early warning signs of conflict escalation
- Develop non-violent communication skills
- Learn de-escalation skills
- Build routines & boundaries
- Resolve conflict respectfully
- Understand patterns of power and control
- Practice Emotional Regulation
- Develop non-violent communication skills

Group Details

- 10am to 12pm Thursdays
- Dates to be Announced
- 210 - 3031 Viking Way, Richmond, BC V6V 1W1
- Cantonese/Mandarin

Contact Us:



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<https://touchstonefamily.ca/>