

FFWPU UK: 21-Day Bloom Within Challenge - Nurturing Our Relationships

Michael Balcomb
June 4, 2024



Work on your family relationships with the upcoming "Bloom Within Challenge"...

You are warmly invited to join the "Bloom Within challenge" to consciously appreciate our family relationships and try to be mindful and caring about our connections!

21 Days Of Nurturing Your Relationship

Who is it for?

For Singles and couples, with or without children.

It's free, it's intention is to resource us all in this area of relationships because Heavenly Parent's big dream is that we all learn to get along and feel safe.

What to Expect:

You will get some daily inspirations via email or we can create a Whatsapp group.

There will be exercises, practical ways to focus attention on emotional regulation, reigniting couple relationships and witness what is happening in your adult child-parent relationship, or what kind of emotional environment you create for your young children.

By signing up, you will daily receive educational material and activities for personal development.

Barbara will share short messages, videos, exercises, and worksheets or invite you to weekly virtual meetings.

Challenge yourself to learn new relationship skills, practice emotional mindfulness, and feel blessed!

The challenge dates: 7th June - 28th June 2024

First week: Make the Most of Emotions - understand the positive intentions of emotions.

Second week: Caring for your Couple Relationships or Preparing for Partnership.

Third week: Parent-child relationship as a foundation for Blessed Life.

Unsure or have any other questions? Contact Barbara S.

[Sign Up Here!](#)



21-day challenge of nurturing our relationships

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Unsure or have any other questions? Contact Barbara Stacey +447864164645

 Not shared



* Indicates required question

Sara Hódi *

Your answer

+358409117778 *

Your answer

hodiperhe@gmail.com *

Your answer

Stage of relationship are you in? *

- Young couple (no children)
- Young adult (parents)
- Single
- Old couple Yes

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