

Creating Healthy Relationships

****On-line Virtual Group (Ages 18+)**

***Learn information and gain tools to improve relationships**



***ABOUT THIS GROUP**

- *Safe space
- *Connect with others
- *Facilitated by Mental Health Clinicians in NL Health
- *Gain knowledge and learn tools to help improve connections and deepen relationships
- **PLEASE NOTE** - Couples cannot attend this group at same time

***TOPICS**

- *Effective Communication
- *Boundaries
- *Attachment Styles
- *Qualities of healthy relationships
- *Ways to increase positive connections
- *Deepening and improving current relationships



***DETAILS**

- *Tuesdays from 6:00-8:00
- *October 15th - November 26th, 2024
- *7 sessions
- *Virtual (by zoom)
- *Ages 18+

To Sign Up Email:

nlgroups@nlhealthservices.ca

For more information visit:

Bridgethegapp.ca or scan QR code



Facilitators -
Melissa Noseworthy (BSW, RSW) Mental Health Counselor - Rural Avalon
Thomas O'Brien (MSW, RSW) Social Worker - Grace Centre

