

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 1:30-3:30 (island time)
- *May 13th - June 24th 2025
- *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 -
Jayne Hoyles (MSW, RSW) Mental Health Counselor - St. John's
Colleen Pinsent (BSW, RSW) MSW Student - St. John's

