

# 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 (island time)
- \*Oct. 7th - Nov. 25th 2025
- \*7 sessions
- \*Virtual (by zoom)
- \*Ages 18+

*To Sign Up Email:*

**[nlgroups@nlhealthservices.ca](mailto:nlgroups@nlhealthservices.ca)**

*For more information visit:* **[Bridgethegap.ca](https://Bridgethegap.ca) or scan QR code**



**Facilitators -**  
***Mental Health & Addictions Program***  
**Hillary Mitchell (MSW, RSW) - Eastern Urban Health Zone**  
**Nichola Park (BSW, RSW) - Western Health Zone**

