

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
- *9:30 - 11:30am (Island time)
- *February 10- March 31, 2026
- *8 sessions
- *Virtual (by zoom)
- *Ages 18+

To Sign Up Email:

nlgroups@nlhealthservices.ca

For more information visit:

Bridgethegap.ca or scan QR code

Facilitators -

Nichola Park (BSW, RSW) Stepped Care Counselor – Western Zone

Jennifer Cranford (MSW, RSW) Social Worker – Primary Care Team, St. John's

