

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:

Bridgethegapp.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

