

Creating Healthy Connections

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

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

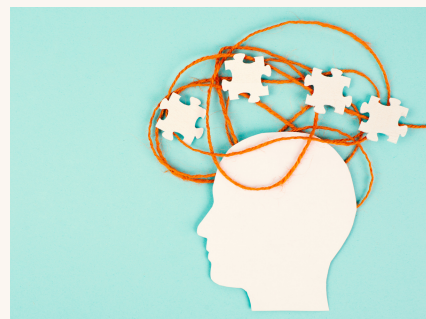


***ABOUT THIS GROUP**

- *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**

- *Wednesdays from 1:30-3:30
- *Sept. 16 - Nov. 18, 2026
- *8 sessions
- *Virtual (via Webex)
- *Ages 18+

To Sign Up Email:

nlgroups@nlhealthservices.ca

For more information visit:

Bridgethegapp.ca or scan QR code



Facilitators -
Cheryl Baker (MSW, RSW) Mental Health Counselor - Eastern Urban
Sidney Shortall (MSW, RSW) Mental Health Counselor - Eastern Urban

