

It's Time
to Talk.

HEALTHY RELATIONSHIPS

2 FREE SESSIONS

Relationships form the cornerstone of our lives, whether they are work based relationships, relationships we have with clinicians or service providers or personal relationships including partners, family and friends. For many of us, we struggle having relationships in general, as well as having the knowledge on how to make them better and stronger, taking them from unhealthy to healthy.

In these two sessions, we will explore the foundational principles of a healthy relationship and provide strategies to equip you to get the most out of them.

For people living and working within Canterbury/Bankstown LGA.

Session One:
**Healthy Relationships Intro and
Maintaining Partner Relationships**

When: **Friday 26th Feb**
Time: **10:00am to 12:00pm**


Session Two:
**Communication, Boundaries
and Consent**

When: **Friday 5th March**
Time: **10:00am to 12:00pm**

Venue:

Girl Guide Hall 157 Waldron Rd Chester Hill

Registrations Essential: <https://swsrecoverycollege.com.au/learn-2/enrolment-form/>

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