

Healthy Relationships

A Gentle Reminder: You deserve to be treated with respect and to feel safe in your home and relationships. You are worthy of this right now, just as you are, no matter what.

A healthy relationship looks different for everybody, but there are some common traits. Some things that are indicative of a healthy relationship are:

- Freedom to be yourself
- Your thoughts and feelings are listened to and valued
- You and your partner maintain independent identities, interests, and activities
- Open communication between you and your partner
- Enhances self-esteem and energy
- You feel safe being with your partner, both alone and with others
- You and your partner respect one another's needs and differences
- You're encouraged to spend time with your family and friends
- You and your partner act with respect towards each other
- You decide together when and if to have sex
- Sex is safe and boundaries are respected
- Your relationship is built on a foundation of mutual trust, respect, support, and fun
- Both you and your partner feel loved, welcomed, cared for, respected, and equal
- Both you and your partner are honest with each other
- You are allowed to be independent, make your own decisions, and you allow the same of your partner.

If you feel like your relationship is unhealthy, feel free to reach out to the Interlake Women's Resource Centre. You need to believe that you are not alone and that an end is possible.

Interlake Women's Resource Centre

87-5th Avenue, Gimli, MB

(204) 642-8264

Monday to Friday: 9:00am – 4:00pm

Walk-ins always welcome, no appointment necessary.

The doors are always locked and there is a security surveillance system in place to ensure your safety and confidentiality at all times while you are in our building.