

HEALTHY RELATIONSHIPS

NOVEMBER 17-19TH 3 DAY WORKSHOP

TIME: 1-3 PM



PLEASE CALL TO REGISTER IWRC @ 204-642-8264

What is a healthy relationship? What is my belief of this...

- What are characteristics of a healthy relationship?
- When or how do I know I am in an unhealthy relationship?
- When do I know if I am in an abusive or domestic violence relationship?
- Impact on a woman, her children & family-stigma & safety
- Coping with an unhealthy, abusive relationship
- Resources available/Safety Planning



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