



What is a healthy relationship?



*Search Results*

## HEALTHY RELATIONSHIPS

- Emotional needs
- Cycle of Hurt
- Gender Norms
- Communication
- Boundaries
- Respect = Consent
- Self-Care



[www.lfsfamily.ca](http://www.lfsfamily.ca)



1-6 Individualized sessions upon request

No cost to participants (18+)

Call to register

We provide a confidential and safe environment through non-judgmental listening for education and personal expression on specific topics.

### Contact

**Lethbridge Family Services**

**Counselling, Outreach & Education**

403-327-5724, [outreach@lfsfamily.ca](mailto:outreach@lfsfamily.ca)