

Foundry Virtual presents:

#RELATIONSHIPGOALS



STARTING SEPTEMBER 14TH, 2020 FROM 6 PM - 7 PM



Share what you feel comfortable with.



Give your full attention when it's their turn.



Appreciate their story.



Learn communication skills.



Speak from the heart



Think about what you learned from opening up to each other

IT'S COMMON TO SEE #RELATIONSHIPGOALS TAGGED ON SOCIAL MEDIA – BUT WHAT DOES A HEALTHY RELATIONSHIP MEAN TO YOU?

It's common to see #relationshipgoals tagged on social media - but what does a healthy relationship mean to you? Join the #relationshipgoals group to understand how communication, compromise, and commitment work together to help us increase our relationship wellness. This is a skill-based group that includes peer support and is co-facilitated by a counsellor and peer supporter.