

Healthy Relationships

A virtual, free, educational conversations group for Spanish-speaking, women-identified individuals (16+) who want to explore how to build and maintain healthy, meaningful relationships, strengthen connections and reduce conflict.

Meetings are held in Spanish. Together, we'll share and discuss strategies to foster respect, trust, and effective communication. Topics include:

- Effective Communication Skills
- Building Trust through Conversation
- Setting Healthy Boundaries
- Handling Conflict with Respect
- Promoting Respectful Relationships

Healthy Communications in Relationships

January 14, 2025 | 6:30 - 8:00 p.m.

Empowering yourself: Setting boundaries in your relationships.

February 11, 2025 | 6:30 - 8:00 p.m.

Location

Virtual on Zoom

Registration

This group is free. Pre-registration is required.

Contact Family Service Toronto
Service Access Unit

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Greater Toronto