



Choices and Changes

Creating Healthy and Safe Relationships

A 10-week group for women who want to explore their patterns of choosing and relating with intimate partners.

Days and times to be determined

Topics Include:

- Defining healthy and unhealthy relationships
- The role of your family background in forming relationships
- What to consider when choosing a partner
- How your relationships affect your children
- Creating boundaries and setting limits on disrespectful behaviour
- Abuse in relationships
- Self-care

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