



**QSFHT
WORKSHOP
SERIES**

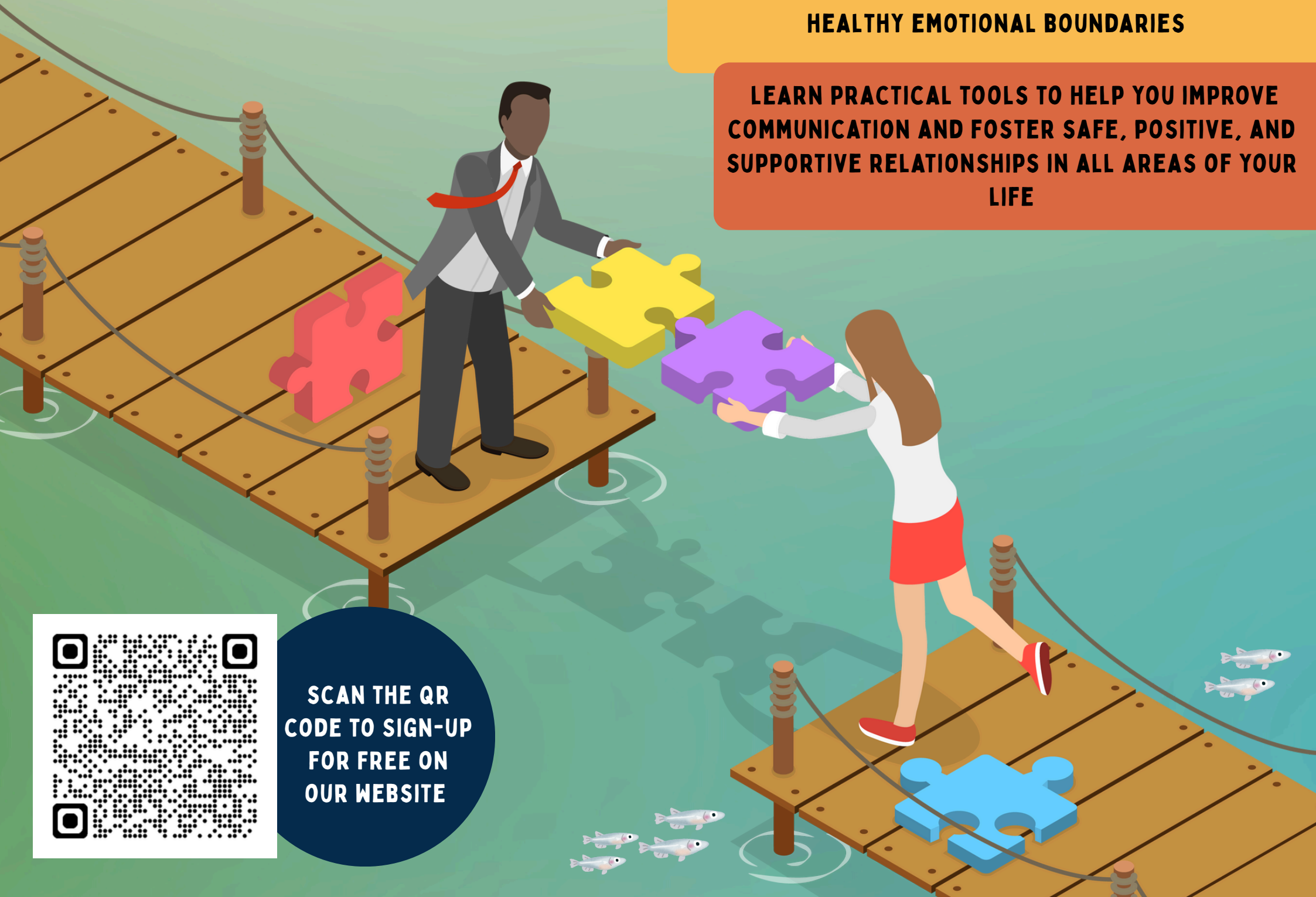


BUILDING HEALTHY RELATIONSHIPS

**THIS WORKSHOP EXPLORES THE
CHARACTERISTICS OF ALL TYPES OF HEALTHY
RELATIONSHIPS—WITH FRIENDS, PARTNERS,
AND FAMILY**

**LEARN ABOUT DIFFERENT COMMUNICATION STYLES AND
THE IMPORTANCE OF ESTABLISHING AND MAINTAINING
HEALTHY EMOTIONAL BOUNDARIES**

**LEARN PRACTICAL TOOLS TO HELP YOU IMPROVE
COMMUNICATION AND FOSTER SAFE, POSITIVE, AND
SUPPORTIVE RELATIONSHIPS IN ALL AREAS OF YOUR
LIFE**



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OUR WEBSITE**