



build healthier relationships

Connection to others starts with a connection to yourself.

In **Building Healthy Relationships**, you'll learn practical tools to help you maintain strong connections. Using the framework of Dialectical Behaviour Therapy (DBT), course facilitators will teach mindfulness, emotion management, problem solving and distress tolerance.

Because healthy relationships don't happen on their own.

course | adults 18+ (all genders) | free | 12 weeks

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