

Healthy vs. Unhealthy Relationships

2021 Healthy Relationships Series

*****15 participants maximum registered for each class**



This class is the second part of the Virtual Healthy Relationships Series.

In this class we will learn what behaviors make a relationship healthy, unhealthy, or abusive. Good communication is an essential part of a healthy relationship so we will practice different types of communication and how to resolve arguments. We will also discuss how and why relationships end and how to deal with some of those feelings.

Describe different types of relationships and the roles they play in people's lives:

- ✓ Identify 3 healthy relationship behaviors
- ✓ Identify 3 unhealthy relationship behaviors
- ✓ Discuss when and why relationships end, and ways to deal with heart break
- ✓ Identify abusive relationships and resources for help
- ✓ Practice communication and resolving arguments

Session Dates

Please select either Session 1 or Session 2 to attend.

Session 1 2021

Monday, March 22, 2-3:30 p.m.

Thursday, March 25, 2-3:30 p.m.

Monday, March 29, 2-3:30 p.m.

Session 2 2021

Thursday, May 6, 4-5:30 p.m.

Tuesday, May 11, 4-5:30 p.m.

Thursday, May 13, 4-5:30 p.m.

Please complete the Referral Form to register:

https://forms.office.com/Pages/ResponsePage.aspx?id=-nyLEd2juUiwJjH_abtzi9fvBM7dHt5KmIRHuDwEa11UQJLTVJBWkw1V1IJSzRYSVFUMkVBMFRNRy4u

For questions or concerns, contact Sandi at Sandi.Geer@ct.gov, or by cell, 203-509-4783