

Healthy Connections for Mental Wellness

This group is aimed to help you develop stronger relationships and social skills!

In this 4 week session, you will learn how to:

Practice active listening and clear communication, Set and maintain healthy personal boundaries, and Recognize supportive relationships and make plans to strengthen them.





Through discussions, role-plays, and reflections, you will develop practical skills to foster healthy social connections that support your overall mental well-being.



Group is available to adults 18+ and is offered in-person and online!

REGISTER NOW!

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