



Skills for Healthy Relationships

A group for LGBTQ2S+ youth to support healthy relationships

Program duration: 8 weekly sessions

Start date: Wednesday, September 12, 2018
6:00 - 8:00 p.m

Location: YW Sheriff King Home
2003 - 16 Street SE

Registration & information: 403.536.2844
counselling@ywcalgary.ca

- LGBTQ2S+ youth (ages 13-17) learn about healthy dating relationships, mindfulness and stress, emotion management and Dialectical Behaviour Therapy (DBT) skills
- Families are invited to attend two of the sessions to provide support and encourage use of skills at home, school and in social settings



COUNSELLING
women-centred. brighter-future focused.

