

Other Programs

- Youth Support
- Transitional Housing
- Cyber-Bullying
- Anger Management
- Love Bites/Love Bites Jnr
- Mentoring/Self Esteem
- Tenancy Skills
- Life Skills
- Employability Skills

Call us for more information on these and additional programs



Funded by



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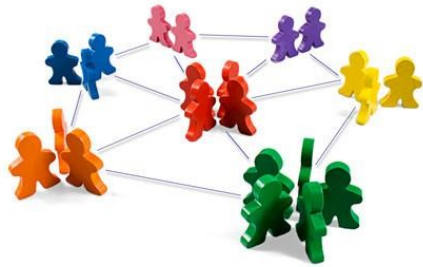
<https://qyfss.org.au>

Healthy Relationships Program



**Queensland Youth and
Families Services Inc.**

Tel: 3818 1050



Healthy Relationships

The Healthy Relationship program enables participants to identify what constitutes a healthy relationship and enables them to conduct relationship health checks.

The program consists of several sessions which can be delivered as individual units or as a complete package.

The Importance of Relationships

Regardless of our age, the relationships we form with other people are vital to our mental and emotional wellbeing, and really, our survival.

Humans have an inherent desire to be close to other people. To connect and build relationships.

Tom Hanks being stranded on an island, talking to a volleyball (you remember the movie!) isn't necessarily "healthy," however our compulsion for company is.

This is because the fact is, healthy relationships (whether romantic, friendships or family relationships) can help make for a healthier overall life.

But what exactly does a healthy relationship look like?

The Healthy relationship program will help you to identify a healthy relationship and assess whether your relationships with others are healthy or not.

Program units include:

- *How does the relationship affect my life?*
- *Cues on Violence*
- *Focus on Physical Abuse*
- *The 21 warning signs of a violent person*
- *Focus on Emotional Abuse*
- *Focus on Sexual Harassment*
- *How healthy is your relationship?*
- *Balancing You, Me and Us.*

For more information on this or any of our other programs. Speak to our staff on (07) 3818 1050 or drop into our office at 1 Scott Street Goodna QLD 4300

