



# Building Healthy Relationships Group

This group is focused on building communication skills, interpersonal relationship skills, and providing psychoeducation on important aspects of healthy relationships like boundaries, values, vulnerability, and conflict resolution.



## Group Information:

- All 18+ adults of all identities are welcome
- When: every other Tuesday starting February 4, 2025 from 2:00-3:30 p.m.
- Where: Behavioral Health Group Room at Prisma Community Care
- Facilitated by Mallory Waldrop, MSW
- To register please contact your therapist at Prisma Community Care, or email [mallory.waldrop@prismacare.org](mailto:mallory.waldrop@prismacare.org)



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