



# Healthy Relationships Program



Sponsored by the YWCA of Pueblo, Colorado

A program designed to provide important skills in:

- ♥ Building and maintaining healthy relationships
- ♥ Identifying the warning signs of abuse
- ♥ Emotional intelligence
- ♥ Conflict resolution
- ♥ Developing and enforcing boundaries
- ♥ How to help yourself and others
- ♥ Communication
- ♥ Local resources

This program can be tailored to be presented to teens, young adults, parents, persons of trust, and/or professionals.

It can be delivered in-person or online in the form of an open discussion or presentation depending on class size.

For more information and inquiries, please email Sabrina Vasquez:

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