

WEBINAR 

FOUNDATIONS OF HEALTHY RELATIONSHIPS

Monday, November 17, 2025 | 7:00 p.m. – 8:00 p.m.

**An interactive conversation exploring what defines
balance, trust, and connection in our relationships**

Join this FREE virtual session to:

- Learn what happy, healthy relationships really look like
- Explore attachment styles and how they shape our connections
- Identify red flags and unhealthy relationship patterns
- Debunk common myths from media and social expectations
- Gain practical insights for nurturing balance, respect, and mutual support

Register via. Email or Zoom:
tcampbellsmith@achev.ca

REGISTER NOW

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