achēv WOMEN'S CONNECTIONS & EMPOWERMENT

HEALTHY RELATIONSHIPS, BOUNDARIES AND WELL-BEING: WEBINAR



In Collaboration with Survivor Advocates for Empowerment (SAFE)

SAFE Survivor Advocates for Empowerment

Thursday, November 19, 2026 | 1:00 p.m. - 2:30 p.m.

Discover tools for building healthy relationships and supporting mental wellbeing:

- Healthy Relationships & Consent
- Setting Personal Boundaries
- Adapting Communication Styles
- Self-Care Practices
- Positive Family Connections
- Practical Support Strategies
- Where to Find Help

Eligibility Criteria:

- **Permanent Residents or Convention Refugees with a valid PR card, Confirmation of PR or Notice of Decision**

This webinar is jointly organized by Achēv's Women's Connection & Empowerment Program and Stronger Together Program.

Register Online

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