

# ENHANCING HEALTHIER RELATIONSHIPS PROGRAM



## Wellness Sessions

6 weekly sessions open to newcomer and immigrant individuals to navigate stressors arising from migration, healthy communication, and understanding the Canadian justice system.

## Psychoeducation Groups

5 weekly sessions for couples to address challenges around communication, conflict resolution emotional regulation and developing healthier relationships.

## Anger Management Sessions

6 weekly sessions for men to understand about anger and appropriate responses to it, personal triggers and how to set healthy boundaries and stress management, respectful communication and self care.



For more information scan  
the QR code

Or email:

[ehrp@mosaicbc.org](mailto:ehrp@mosaicbc.org)



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