

MENTAL HEALTH NEWSLETTER

October

WE ARE ALL SURROUNDED BY RELATIONSHIPS... ROMANTIC, FRIENDSHIPS, FAMILIES.

HOW DO WE KNOW IF WE ARE IN A HEALTHY RELATIONSHIP?

Signs of a **healthy** relationship:

- Mutual respect
- Trust
- Honesty
- Support
- Fairness/equality
- Separate identities
- Good communication

Signs of an **unhealthy** relationship:

- Control
- Hostility
- Dishonesty
- Disrespect
- Dependence
- Intimidation
- Violence

HOW DO WE SET **HEALTHY BOUNDARIES**?

- Setting clear expectations for what you need and want.
- Respecting the needs of your partner and/or friend
- Personal exploration about what behaviors/actions you will not tolerate.
- Open communication.

WANT TO LEARN MORE ABOUT **HEALTHY RELATIONSHIPS**?

- Look out for more information on the Healthy Relationships group with Ms. Arroyo Santiago & Ms. Keane!



ARE YOU A MOM INTERESTED IN A MOM'S RETREAT?

Homestead Art Therapy & Counseling LLC is hosting *Holding On, Letting Go:*

A Fall Retreat for Moms on October 23, 2022 from 8:30 AM – 4:30 PM.

Contact sarah@sarahboonecounseling.com for more information on pricing and details.

