



# healthy relationships

What makes a relationship healthy?  
This program will cover:

- **Respect and trust:** having confidence in someone else's honesty and intentions.
- **Mutual intimacy:** sharing so that each person feels both close to the other and good about oneself.
- **Caring and empathy:** showing concern and caring towards someone and being able to relate to how that person is feeling.
- **Communication:** being able to express feelings and thoughts to the other person and being able to talk about misunderstandings, differences, and arguments.
- **Self-awareness and self-worth:** getting to know oneself, how one feels about things, and feeling good about oneself.

In partnership with:



PATRICIA GILES

Centre for  
**Non-Violence**

**Who**

12 – 25 year olds

**When**

Thursday 24th June 2021, 4 – 6pm

**Where**

headspace Joondalup  
22 Reid Promenade, Joondalup

**Sign-up**

<https://forms.office.com/r/xs8hKqhQme>

**Contact us**

Call (08) 9301 8900 or  
E-mail [info@headspacejoondalup.com.au](mailto:info@headspacejoondalup.com.au)



headspace Joondalup is on Whadjuk Noongar land.  
We acknowledge the Traditional Owners of this Country,  
and we pay our respects to their Elders past, present and emerging.

headspace National Youth Mental Health Foundation is funded by  
the Australian Government Department of Health