Feeling stressed or unsure about your relationships? Learn healthy markers of building strong connections.

NEW MONTHLY GROUP SERIES

GROWING RELATIONSHIPS

Tuesdays at 3-4:30 pm
February 17 | March 17 | April 2 | May 19

Register by February 10
Click HERE TO REGISTER for this group

TOPICS COVERED

- Relationship expectations and boundaries
- Growing from conflict to closeness
- Healthy expression of needs and feelings
- Four pillars of a Healthy Relationship
- Giving back to yourself/self care
- The impact of COVID on our connections

BRAIN HEALTH for all, for life.

In collaboration with the Student and Resident Mental Health Clinic and the Phoenix Center at Anschutz Medical Campus.