

# Reflecting on Relationships

SUPPORTING AND DEVELOPING THE IMPORTANT RELATIONSHIPS IN YOUR LIFE



Your relationships are a huge part of what makes you “you”.

They contribute to your wellbeing, your sense of belonging, community, and self-worth. Relationships can also be sources of conflict, pain, and confusion - they require consistent nurturing and work, much like any other worthwhile endeavour.

And it has been very hard to put that work in during the pandemic and its restrictions on our lives. That's why we've gathered our experts on self-identity, coupledom, parenting, eldercare, workplace relations, and more to provide you with practical resources on strengthening the important relationships in your life.

If you have specific relationship questions, be sure to sign up for our confidential **Ask the Expert webchat session** with Allison Villa, Registered Psychotherapist, on July 21st at 12:00 PM ET.

**Self.**

**Partners.**

**Family.**

**Friends & Colleagues.**

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\* This wellness campaign is available exclusively on the web site. It's not accessible on the mobile app.