



WEBINAR:

Building Mental Health & Healthy Relationships

PRESENTED ON MAY 6TH, 2024, 12 PM EST

If you didn't have a chance to attend this webinar or if you would like to watch it again:

<https://events.teams.microsoft.com/event/5b7eb597-1887-4bd1-ac9e-22bc65d75f46@c162a585-4fef-44bd-9271-d96409d0a349/attendee/7ddf7fb0-9f5d-4334-80a3-c02bdd3d016b>

During this webinar, we discussed:

- The foundations of healthy relationships including the seven building blocks essential for **fostering meaningful connections**
- Strategies to **enhance and deepen relationships**
- Guidance on **repairing bonds**



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