



Healthy Relationships Program

Someone to talk to. Someone to listen.

Could this be for me?

Here are some examples of questions we come across around relationships from students just like you:

“What exactly is a toxic relationship? How do I know if I am in one?”

“What do you think about ‘frenemies’... can you actually be a friend and an enemy?”

“When someone is asking me constantly about what I’m doing, my friend says they are controlling. But where is the line? Don’t some people just ask a lot of questions?”

“Why don’t my parents get the pressure I am under? That I can only take so much?”

“Drama... Why I am always to blame for the drama?”

Sometimes, having someone to talk through your relationships with peers, parents or dating partners can help. We’re here to help.

So, what do we do?

One-on-one counselling: Deep dive into your relationships with a trained therapist.

Group Counselling: Discuss relationships in a group of your peers lead by a trained therapist.

OK, I’m interested... now what?

Email CYF@cwes.com and we will reach out to chat or answer questions. This step is not a commitment to enrol in the program. Please provide a phone number if you would prefer to be contacted via text message. There is no pressure to answer or discuss with us further if you change your mind.

What would you need from my parents?

We would reach out to your parents and talk about what we do. This way they can ask questions and sign the paperwork needed for us to get started. We also can offer some support to your parent(s) that is completely separate from you. Parenting is hard and we believe the more support offered the better.

