

Healthy Relationships

Whether it's family, friends, co-workers or a significant other, being in a caring relationship is one of the true joys in life. Student Wellness provides an evidence-based workshop designed to increase your understanding of how to establish and maintain healthy relationships so that your health and well-being can fully benefit from the richness of those relationships.

This workshop will:

- Define what it means to be in a healthy relationship
- Provide guidance on communicating effectively with a partner
- Help you think critically about how the media portrays relationships

Program hosted by Student Wellness. [Contact us](#) [1] for more information.

Source URL: <https://studentwellness.unc.edu/programs/self-care/healthy-relationships>

Links

[1] <https://studentwellness.unc.edu/node/542>