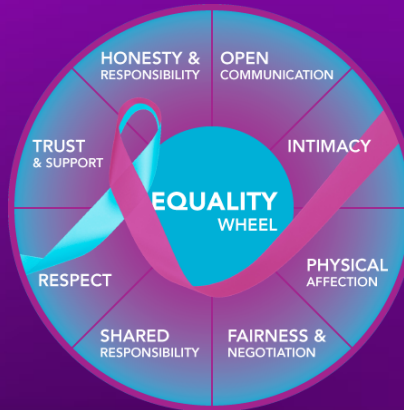


# Healthy and Unhealthy Relationships

## Presenting on:

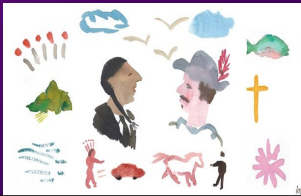
- ◆ Characteristics of an Abusive Relationship
- ◆ Cycle of Abuse
- ◆ How Healthy is My Relationship?
- ◆ Am I a Good Partner?
- ◆ Characteristics of a Healthy Relationship
- ◆ Types of Abuse
- ◆ Common Signs of Abuse
- ◆ Power & Control
- ◆ Equality Wheel
- ◆ Safety Plan



1-800-318-4455

## Impacts of Colonization on Family Relationships

<https://www.ccnca-nccah.ca/docs/emerging/RPT-FamilyViolence-Holmes-Hunt->



HKTS serves 11 Nlaka'pamux Band communities: Ashcroft, Oregon Jack Creek, Cooks Ferry, Nicomen, Lytton, Skuppah, Siska, Kanaka Bar, Boothroyd, Boston Bar, and Spuzzum. Please call 1-250-455-2284 or email us at havenh@telus.net to book a free workshop.

