

HEALTHY RELATIONSHIP TALK & VALENTINE CARD MAKING



Celebrate self-love & discuss healthy relationships on Valentines Day! Write yourself a love letter along with making valentines for your friends and family. Postage will be provided to mail cards.



*What does a healthy relationship
with yourself and others look like?*

How do you communicate your needs effectively?

Set boundaries and navigate conflict?

**Thursday, February 14th
1:00-2:00 Discussion
2:00-3:30 Valentine Card Making
STUSVC Room 605**

**Chocolate, Treats, and Pizza
Provided!!**

**Presentation Provided by
Breanna Black, ASW, Therapist**



Feather River College

