

Relationship Solutions



Finding the time to care for and nurture our intimate relationships with others can be challenging. That is why we created Relationship Solutions. Relationship Solutions helps you take a proactive approach to enhancing your relationship. Included in the service is up front coaching, as well as a Relationship Solutions resource kit.

Enhance your relationship!

- **Need help communicating with your loved one?** We help you learn the importance of communication, honesty, and forgiveness.
- **Want to get the spark back?** We help couples relate to each other so they can keep the relationship fresh.
- **Juggling kids, work, and your love life?** Today's couples are busy. We provide tips to help you learn how make time for each other.
- **Need help resolving a conflict?** Learn how to work out differences constructively, and how to appreciate and communicate each other's point of view.

Call us to get started (translation to other languages available.)
1.800.663.1142 | TTY: 1-888-384-1152 | Numéro sans frais - en français :
1-866-398-9505 International (Call collect) : 604-689-1717

www.homewoodhealth.com



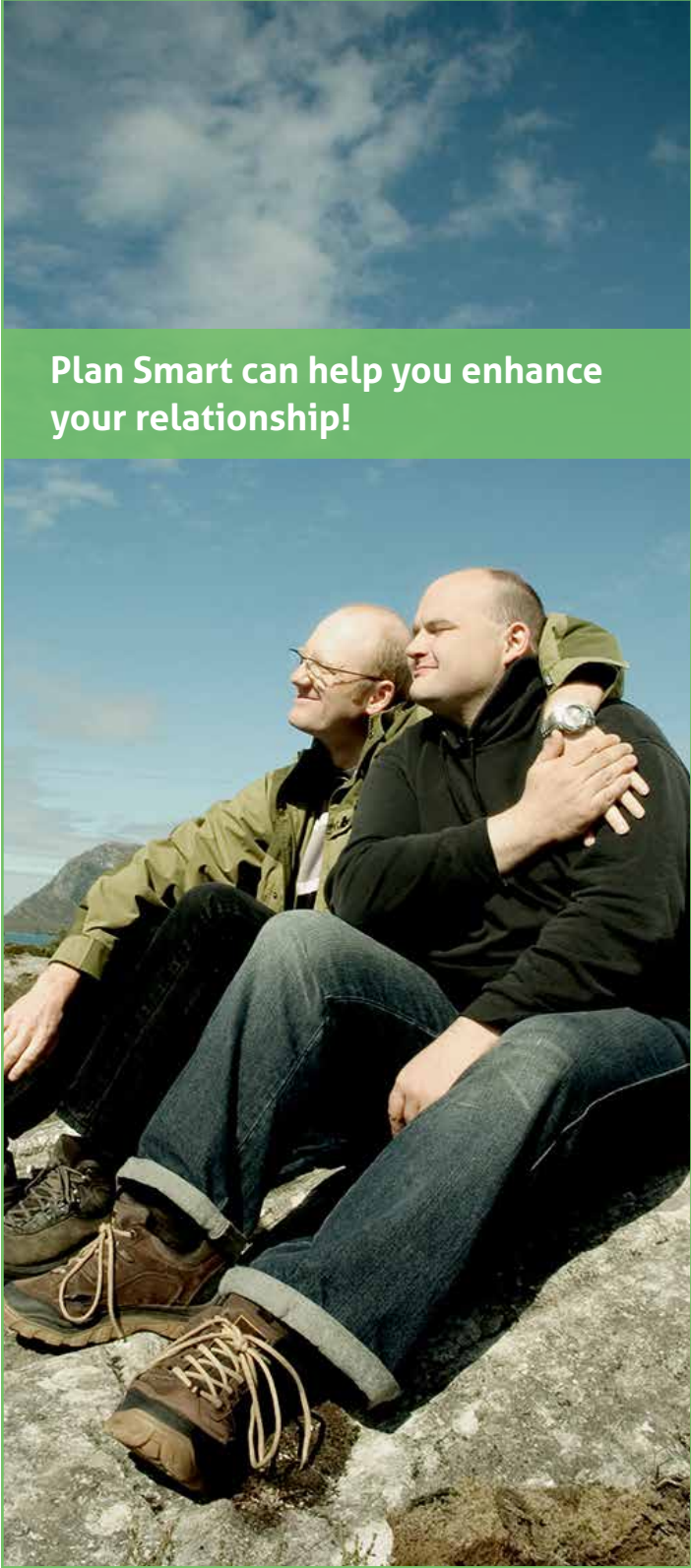
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The Relationship Solutions resource kit includes:

- A two-part educational workbook with information on how to enhance communication and a series of exercises designed to encourage you and your partner to re-engage with each other.
- One of the most recognized relationship self-help books, focused on improving relationship communication and resolving conflict.
- Other tools to support behaviour change in a fun and meaningful way!

If you ever feel too overwhelmed by the challenges in your relationship, we can easily arrange counselling (face-to-face, over the phone, or through the Internet).



Plan Smart can help you enhance your relationship!

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