

Free workshop

Beyond words: Building healthy relationships

October 21, 2026, from 5:00 p.m. to 7:00 p.m.

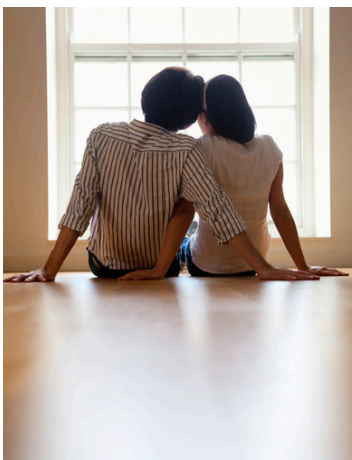


As part of the Military Family Support Program's (MFSP) promotional campaign on "Healthy Relationships," the Borden Family Resource Centre invites you to a free workshop on communication and healthy interpersonal relationships.



You'll learn to recognize communication styles, set boundaries respectfully and identify early warning signs of a toxic relationship, while discovering the characteristics of a healthy and fulfilling one.

Whether you're in a relationship, raising a family or simply curious about improving your relationships, this workshop will equip you with practical strategies you can apply in your daily life.



The workshop will be conducted in French.

Childcare will be available on site and pizza will be served!

Join us to strengthen your interpersonal relationships in a friendly, supportive and constructive atmosphere.

Please register by October 14 at
bordenfamilyresourcecentre@gmail.com or
705-424-1200 ext 2703994