

What You Will Learn:

- Healthy and unhealthy relationships
- Warning signs of some dysfunctional relationships
- Resources and support available.

Safety Tips: (If Needed)

- Use **headphones** for privacy
- Join from a safe place (i.e. **from a library or walking outside**)

Presenter:

Laura Lehman
(HVPC)

When:

September 22 2026, at 05:00 PM

Where: Online Zoom

To register:

**Call Bushra Faisal at
905-464-5778**

**Or email at
bfaisal@hmcconnections.com**

www.hmcconnections.com

You Are Not Alone!

Helping Women Stay Safe

(Neighbours, Friends and Families)

Eligible participants: PR Card Holders, Convention Refugees and Protected Persons



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