



Behavioral Health Wellness Clinic

Alaska Native Tribal Health Consortium

www.anthc.org/bhwc
907-729-2492

Counseling, assessments, and referral support for Alaska Native adults,
from your personal phone or computer, anywhere in Alaska.



Healthy Relationships

Mondays from 4-4:50pm via Zoom

Each week, in a provider-led group, we identify key components to a healthy romantic relationship, offer a space to reflect, and practice skills that support you in real-life situations. Whether you are entering a new relationship or strengthening a long-term partnership, this group is a place for you to share and receive encouragement with others who have similar goals.

Topics include:

- Identifying and expressing emotions
- Practicing positive conflict resolution
- Establishing and maintaining boundaries
- Exploring decision-making styles
- Building a stronger connection
- Loving your relationship

For more information and to sign-up, call us at 907-729-2492