

## Navigating difficult relationships

Find out how to work toward peace, harmony, and good relationships. Spoiler alert - it might involve giving up trying to win every argument.



#### Fighting fairly

Differences of opinion are a natural part of relationships. Knowing how to resolve your differences respectfully is important to the success of most relationships.

Read more

# Exclusive for registered users.



Building better relationships at work.

Log in to access

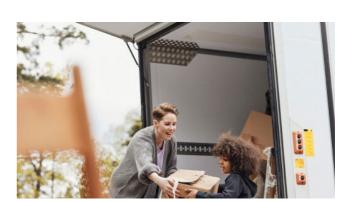


#### Managing family conflict

Healthy family relationships are built and maintained through positive conflict resolution, ongoing communication, and shared quality time, among other things.

Read more

#### Top pick of the month.



Avoiding conflict when moving in with family.

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## Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that can help support positivity in your relationships, like 1800Flowers.com, Sonos, TicketsAtWork, and many more.







Access offers

Your organization's program may not include Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.



support by app, web, and phone.

## More to explore this month.

- Discover the Communication section of our <u>CareNow</u>
   <u>Programs</u>: gain an understanding of differing communication styles, learn to set boundaries and to improve your listening skills through a collection of comprehensive iCBT-based, virtual self-paced programs.
- or web app, accessing online resources or for information on counselling services.

Visit the **General Enquiry** form for help navigating the mobile

account and review your workplace benefits. Or speak to your Human Resources contact.

Your organization's program may not include all services and features. To learn more, please log in with your

We support your total wellbeing. We're here 24/7 for confidential advice and