



# Building Healthy Relationships

As life progresses, relationships will inevitably face a few bumps in the road. It's important to stay connected and find ways to work through these challenges together to build a healthier, stronger relationship.

With the help of a psychologist's support, couples can learn how to communicate more effectively with each other, in order to foster an open, secure, and satisfying connection.

Our Health team provides Relationship Counselling in a safe and non-judgmental environment for people to share their feelings or thoughts that have been causing difficulty in a relationship.

## We can support you through issues such as:

- Grief
- Infidelity and restoring trust
- Intimacy
- Non-traditional relationships
- Separation and divorce
- Communication
- Conflict
- Interracial, inter-cultural, and inter-religious challenges
- Beginning a new relationship
- Life events
- Parenting
- Dealing with a diagnosis
- Changes to a relationship; including the birth of children and long-distance relationships, work commitments.

To book a confidential session, contact us on **(03) 9454 0894** or email [alliedhealth@personnelgroup.com.au](mailto:alliedhealth@personnelgroup.com.au)