



Relationship Check Up

How is your relationship? What matters most to you and your partner? What works well between you? What do you each want more of and less of? Do you ever find yourselves stuck in the same struggles?

If you would like to explore some of these questions call **204-786-9251** to schedule a **free one hour Relationship Check-Up session** with a couple and family therapist.

**Daytime and evening sessions
available Monday - Saturday.**

February 14 - March 14, 2026

On-going couple therapy is available on a sliding scale following the initial session.



All couples welcome!



Resilia
community wellness centre

5th floor, 491 Portage Ave

