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# Healthy Relationships & Positive Self-Awareness

**Virtual (Zoom) Classes: March 6 - April 10, 2024 (6 weeks)**  
**Time: 10:00am - 11:15am every Wednesday**

**Week 1:** Friendship

**Week 2:** Different Types of Relationships

**Week 3:** Moving from Friend to  
Partner/Sweetheart

**Week 4:** Internet  
& Social Media Safety

**Week 5:** Public Vs. Private

**Week 6:** Communication

**\*Course is for individuals 18+\***

TO REGISTER & VIEW  
VIRTUAL CLASS CALENDAR



**MyCommunityHub: <https://mycommunityhub.ca/>**

**FOR MORE INFORMATION PLEASE EMAIL:**

**facilitators@metacentre.ca**

**OR CALL: 416-286-3634**

FACILITATORS & SEXUALITY  
EDUCATORS

*Audrey, Meredith  
& Sara*

