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Calling All Writers!

HEALTHY RELATIONSHIPS

Relationships are foundational to who we are. From birth, we rely on others to keep us safe, healthy, cared for, and secure. As we navigate life, we are simultaneously building a relationship with ourselves, and with others. Our perspectives are based in relation to others and how we perceive the world is based on those interactions. More often than not, our well-being can be greatly improved when the quality of our relationships are good. When we feel disconnected from others, we can see a decline in our wellbeing.

What are the characteristics of a healthy relationship? According to a study by Murray, Ross, and Cannon (2021), they gathered information from participants and identified many descriptors of health relationships. Here are the top 12 descriptors:

1. Effective communication
2. Respect
3. Trust
4. Promotes the growth and well-being of individuals in the relationships
5. Honesty and openness
6. Encouragement/support
7. Effective conflict management
8. A sense of give and take
9. Warmth/caring/comfort
10. Love
11. Acceptance
12. Aiming to learn about and understand the other person

This data truly demonstrates what we look to experience in our connections with others. The original list is much longer than documented here and there are individual differences based on one's culture and faith. Overall, we seek to be communicated with, experience mutual interdependence, to feel safe and secure, and to feel understood by others.

As we navigate life, it can often feel that we are trying to make sense of our relationships with other people without a lot of guidance. Relationship norms can vary based on your culture, different social groups, and one's individual perspectives. Relationships are also dynamic! Just like people, they're changing as we move from stage to stage. We are continuously learning about ourselves as we grow and this dynamic process also applies to our relationships with others.

Source: Murray, C., Ross, R. and Cannon, J., 2020. The Happy, Healthy, Safe Relationships Continuum: Conceptualizing a Spectrum of Relationship Quality to Guide Community-Based Healthy Relationship Promotion Programming. *The Family Journal*, 29(1), pp.50-59.

WORKSHOPS

Our training includes skills training, healthy coping, communication, peer support, and education to prevent and respond to crisis and suicide.

Reaching Out

- This workshop introduces the topic of suicide to youth and teaches about warning signs, that it's okay to talk about suicide, how participants can respond to suicide, and advises participants it is okay to ask for help and to connect with a safe adult.

Self-Care 101

- A central goal of this workshop is to invite youth to see that each of us has mental health and, similar to caring for our physical health, we can learn to nurture and improve our mental health through our actions, experiences, and lifestyle choices.

GRASP

- This 12-hour skill building program provides youth from Grades 9-12 with self-awareness, communication, and coping skills that will aid them in their personal growth as well as contribute to an overall plan for ongoing youth suicide prevention programs within schools and communities.

COPE

- This workshop uses the principals of mindfulness to help students in grades 5,6,7 achieve better mental wellness and cope with issues like anxiety, overthinking, stress, self-harm, sleep loss, and social media use.

ASIST (Applied Suicide Intervention Skills Training)

- Living Works' two day, interactive workshop that prepares caregivers to provide suicide life-assisting first-aid intervention.

suicideTALK

- Ranging from 90 minutes to a half a day, Living Works' suicideTALK invites all participants to become more aware of suicide prevention opportunities in their community.

Safe (Suicide Awareness For Everyone) TALK

- Living Works' three-hour workshop which prepares helpers to identify persons with thoughts of suicide and connect them to suicide first-aid resources.

Contact our **Community Education Coordinator** at
community.education@crisis-centre.ca or 778.693.2765 for more information!

○ ○ ○ ○ ○ **UPCOMING TRAINING:** ○ ○ ○ ○ ○

Being a Volunteer Changes Your Life!

It gives you a new perspective and a new way of looking at your own problems when you have a chance to understand others. The training is invaluable for your own communication skills and relationships.

The Crisis Prevention, Intervention, and Information Centre for Northern B.C. offers training ~3 times per year based on demand.

Visit: <https://crisis-centre.ca/volunteer-upcoming-training/>

Connect with us online!



@crisiscentrenbc

contact us at
information@crisis
centre.ca and let



@crisiscentrenbc

us know your
thoughts on this
newsletter!



Crisis Prevention,
Intervention, and Information
Centre for Northern BC

FOR MORE INFORMATION ON HEALTHY RELATIONSHIPS

Podcast:

Baggage Reclaim - Natalie Lue

Healthlink BC -

<https://www.healthlinkbc.ca/pregnancy-parenting/relationships-and-emotional-health>

Blog:

<https://www.verywellmind.com/coping-with-a-mentally-ill-spouse-2302988>

Blog:

<https://www.gottman.com/blog/john-gottman-and-brene-brown-on-running-headlong-into-heartbreak/>

Education:

<https://www.bctf.ca/classroom-resources/details/respectful-futures-shaping-healthy-relationships>

Local Resources:

CMHA BC -

<https://northernbc.cmha.ca/peer-support/>

Elizabeth Fry Society -

<https://www.pgefry.bc.ca/>

310MH Helpline - 310-6789

CNC -

<https://cnc.bc.ca/services/counseling/sexual-misconduct/healthy-relationships>

Crisis Centre for Northern B.C.: Resources

- Northern B.C. Crisis Line: **250-563-1214, 1-888-562-1214**, 24/7
- Northern B.C. Youth Line: **250-564-8336**, 24/7
- BC Suicide Line: **1-800-784-2433**, BC-wide, 24/7
- 310-MENTALHEALTH: **310-6789**, BC-wide, 24/7
- Canada Suicide Prevention Service: **1-833-456-4566**, National, 24/7



**Crisis Prevention,
Intervention & Information Centre**
FOR NORTHERN BC

We are here for you 24-7

Crisis Prevention, Intervention, & Information Centre for Northern B.C.

#101-2700 Queensway, Prince George B.C., V2N 1L2

Business Line: (250) 564-5736 **Web:** www.crisis-centre.ca

CRISIS PREVENTION, INTERVENTION, AND INFORMATION
CENTRE FOR NORTHERN B.C.

CALLING ALL WRITERS!

Do you have a
passion for writing
about mental
health?

We are searching for
Northern B.C.'ers who would
like to contribute articles for
our monthly newsletter!

If you or someone you know
are interested, connect with
us!

Email social.media@crisis-centre.ca for more
information!