



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](#)



Managing family conflict

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

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Building better relationships at work.

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Avoiding conflict when moving in with family.

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Enjoy exclusive offers on brands that can help support positivity in your relationships, like 1800Flowers.ca, Canada's Wonderland, Voilà and many more.



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



More to explore this month.

- Discover the **Communication** section of our **CareNow Programs**: 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.
- Visit the **General Enquiry** form for help navigating the mobile or web app, accessing online resources or for information on counselling services.

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organization's program may not include all services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.