



August feature – Relationships

Healthy, fulfilling relationships are essential to well-being and happiness in all phases of life. Whether you're just out of school, approaching midlife, or an empty-nester, we can support you with tips and strategies to help you nurture and sustain quality relationships.

Maybe you've moved away, or you're leading a busy family life, and you're struggling to stay in touch with friends. Or maybe you'd like to make new friends, meet a life partner, or resolve conflicts at work.

inConfidence can help. Contact us any time, 24/7, to speak to professional consultant for expert advice and resources.

You can also log in any time to www.myinconfidence.ca to access a wealth of helpful articles and tools, including:

- A **NEW** podcast, **Workplace Manners**, and our podcast series [Pillars of Happiness](#), [Relationship Rescue](#).
- Articles, such as:
 - [Making New Friends as an Adult](#)
 - [Friends, Relationships, and Building a Community](#)
 - [Communicating as a Couple](#)
 - [Ten Tips for Building a Strong Relationship](#)
 - [Staying Connected With Friends and Family When You Live Far Away](#)
 - [Across the Generations: Sharing Family Stories and Histories](#)

Whether you're looking for strategies to expand your circle of friends, get along better with family, or strengthen an existing relationship, **inConfidence** is here to help.

Call inConfidence toll-free, any time: 1-877-418-2181

TTY: 1-877-371-9978

You can also visit www.myinconfidence.ca
(username: NLMA; password: inconfidence).

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