

August feature – Connecting and Communicating

Relationship issues, misunderstandings with others, friction at work—these can all affect your energy and well-being. This month, take advantage of our many resources to help you communicate and collaborate more effectively and bridge gaps.

Go online any time to access a wealth of resources. See our homepage feature **Connecting and Communicating**, where you'll find links to articles, infographics, toolkits, and more. And take a listen to our new podcast, **Anger Resolution Tips**, featuring Dr. Steven Stosny, a renowned author and media consultant on relationships, anger, and abuse. He describes how to gauge your own feelings of anger and resentment and offers tips on how to overcome anger to act in your own best interests.

Connect with us, and we'll help you connect more effectively with others. Whether you're having struggles with your partner or a roommate, a co-worker or your boss, we're here to offer guidance and support—24/7. Just give us a call.

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

TTY: 1-877-371-9978

**Visit us online at www.myinconfidence.ca
(username: NLMA; password: inconfidence).**