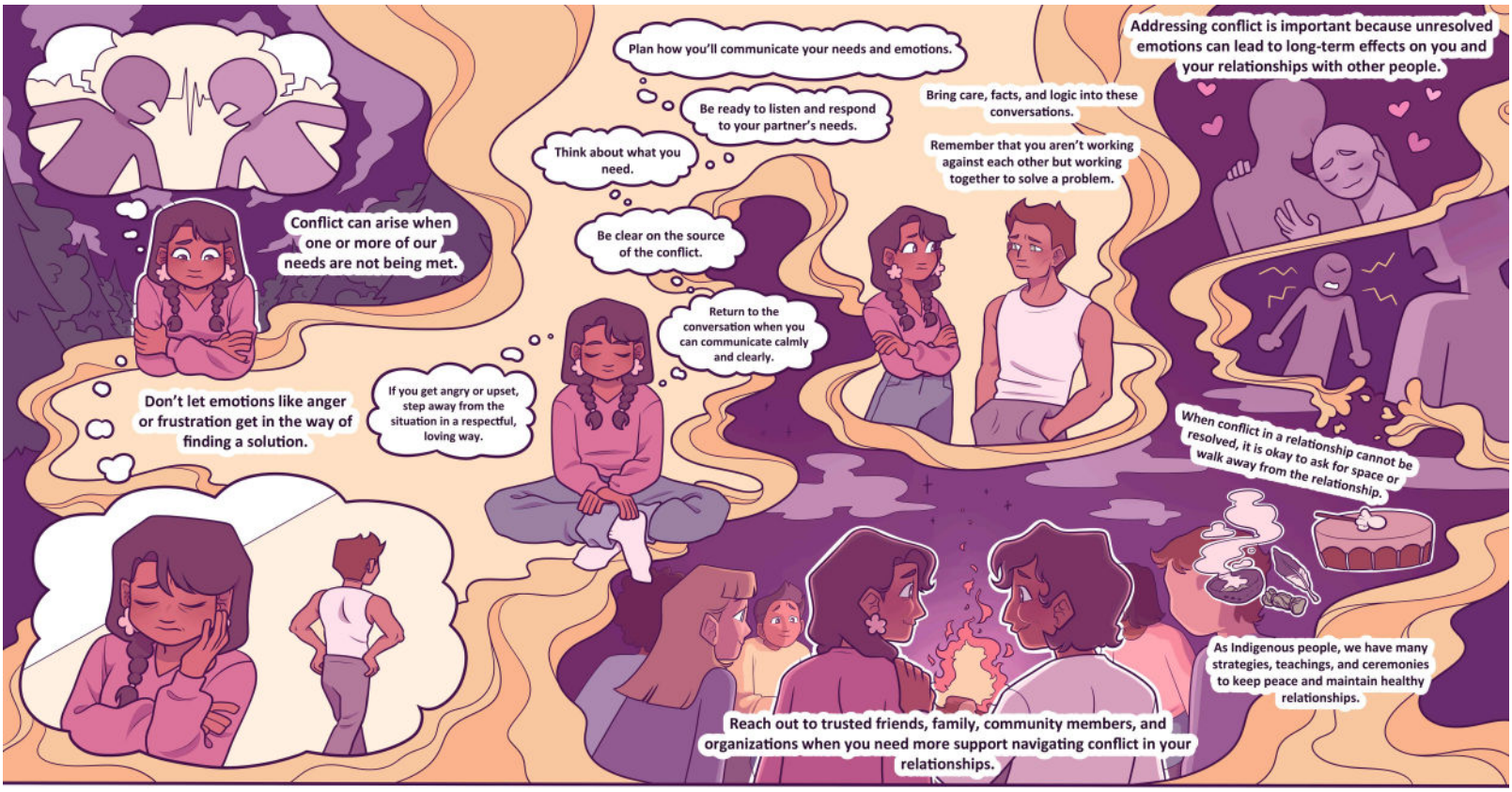

Navigating Conflict in Relationships in a Healthy Way

Conflict will always come up in relationships. It's helpful for us to understand that conflict will be present so that we can navigate it in healthy ways and identify when conflict may be unhealthy.

This resource was developed by a team of experts, including young people and a Knowledge Keeper, with support from Indspire, Youth Wellness Hubs Ontario and Shkaabe Makwa at CAMH.

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