



Maintain Positive Relationships with the Healthy Relationships Journey

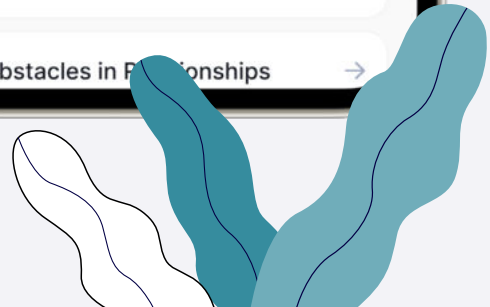
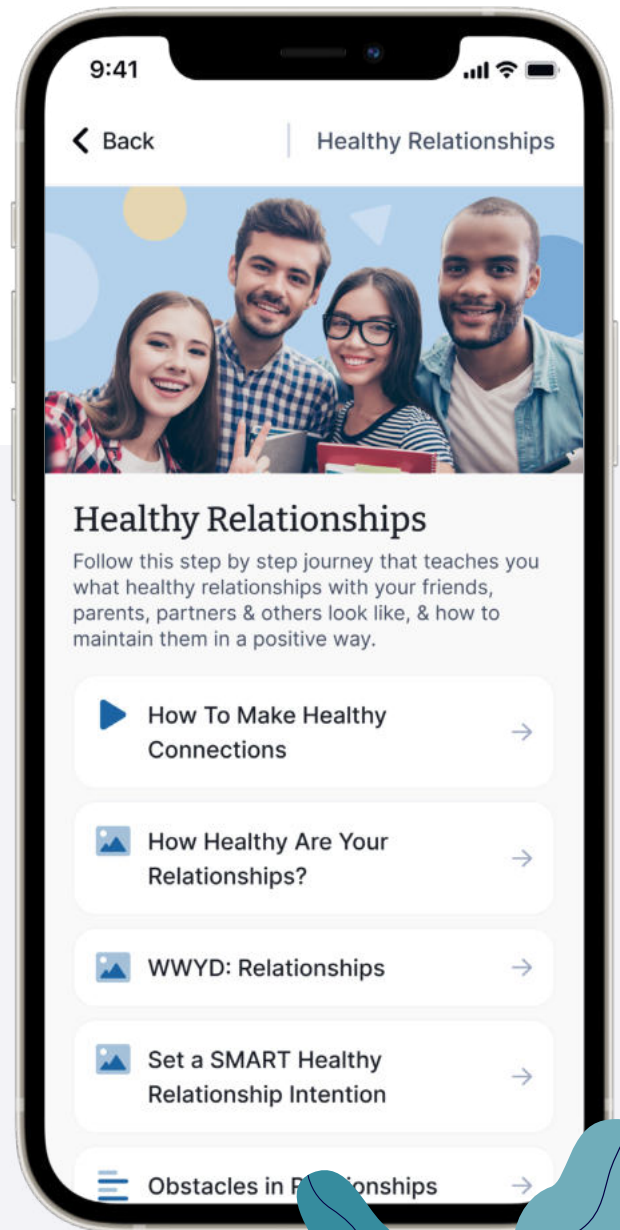
Relationships can be messy. The Healthy Relationships Journey in TimelyCare can show you how to maintain them in a positive way. In this journey, you'll learn:

- **The basic foundations of healthy connections**
- **Techniques on how to communicate clearly**
- **How to find peace with those in your life**

Yoga and meditation classes in this journey help you connect with yourself and set boundaries.



Download the TimelyCare app to get started.



It's for Students.

FOR FREE.

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