

Is your relationship healthy?

Do you feel good about yourself and your partner and your life together?

Are you free to express your opinions and say 'no' to things you don't want to do?

A healthy relationship is based on respect.

If your partner puts you down, or makes you feel bad about yourself, makes you ask for money or even makes you feel afraid, then your relationship isn't healthy.

Don't put up with disrespect!

Even if you know your partner loves you, if they're hurting you by their behaviour, it isn't healthy.

No one deserves to be hurt in any way.

Get a copy of the free info kit...

Ask for your kit at Reception or visit www.bensoc.org.au

Putting the **pieces** back together