



ShowMe Healthy Relationships

"Will I ever find the right person?"

"Why don't my relationships work?"

"There has to be a better way."

SMHR is excited to offer NEW programming!

Learn how to maintain healthy relationships, the qualities of a good partner, skills for effective communication, personal well-being & problem solving!

CLASSES ARE FREE - ENROLLING NOW!

For more information or to sign up, contact us at 1-855-422-4510

Or email Showmehealthyrelationships@cmca.us

"ShowMe Healthy Relationships Program has helped me understand how my relationships from my past impact my life and how to choose healthier ones for the future!"
SD- Participant, Columbia, MO



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