

## Healthy Relations Program

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*The John Howard Society is now offering a Healthy relations program for those who are interested in establishing and maintaining healthy relationships in their lives. This program looks at the people we have relationships with, such as friends, family, significant others and/or coworkers and bosses, what constitutes a healthy relationship, as well as some effective strategies for ensuring the relationships in your life are healthy ones.*

*This program is offered as a half a day program for men and women aged 18 years and up.*

*For more information on cost and availability for the program please contact The John Howard Society of Nova Scotia at the contact information provided.*



### The John Howard Society of Nova Scotia- Halifax

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The John Howard  
Society of Nova  
Halifax Region

## Healthy Relations



{ <http://www.ns.johnhoward.ca> }

# Healthy Relations Program

## The John Howard Society of Nova Scotia Since 1950

The John Howard Society of Nova Scotia is a provincial organization comprised of and governed by people whose goal is to understand and respond to problems of crime and the criminal justice system. The John Howard Society of Nova Scotia is a member of the John Howard Society of Canada, proud to foster and promote penal reform.

The John Howard Society of Nova Scotia – Halifax Region offers a diverse range of programs and services. Many of these offer support to individuals who have come into conflict with the law or are at risk of doing so.

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### Program Facilitator

Natalie is a certified Anger Management and Emotional Intelligence Program Facilitator (Anderson and Anderson Anger Management), and has additional certifications in a number of other counseling areas. These include: Non-Violent Crisis Intervention, Behaviour Support, Diffusing Hostilities, Critical Incident Stress Management, Critical Incident Stress Diffusing/ Debriefing, ASSIST, and Counseling the Bereaved.



**Education:** Natalie has a Bachelor of Arts in Psychology, minor in Sociology (St. Francis Xavier University), and a Diploma in Counseling Skills (Success College). Her schooling focused on Addictions Counseling, Special Populations Counseling, Psychology, Counseling Theories and Approaches, and Mental Health Awareness.

**Experience:** Natalie has worked with JHSNS- Halifax Region since January 2012 as the Community Program Facilitator. She coordinates the Community Service Work Program and facilitates the ICPM Community Maintenance Program (CSC), having training in CSC's Offender Management System and Correctional Program Facilitator Certification. Natalie also has experience working with adult and youth offenders at various stages of the criminal justice system through a placement at the Department of Justice- Probation. And, she has worked as a Support Counselor for residential agencies that house individuals with addictions, brain injuries, mental illnesses and intellectual disabilities.



## The John Howard Society of Nova Scotia- Halifax Region



## Healthy Relations Program

This program addresses issues of:

- What is a healthy relationship
- Components of a healthy relationship
- How to establish and maintain healthy relationships

To learn more about our organization, visit our website at <http://ns.johnhoward.ca>