

# RELATIONSHIPS

Mary Flynn and Paula Harris

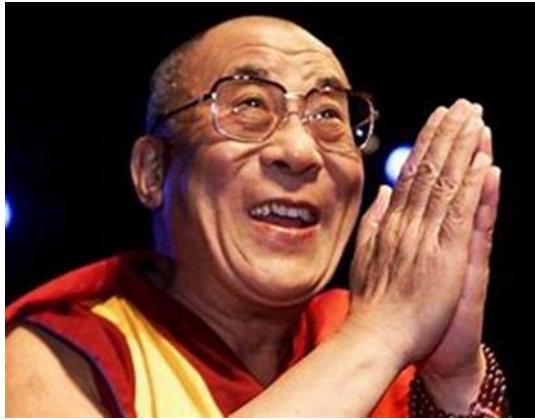
**“ The relationship  
with yourself sets  
the tone for every  
other relationship  
you have ”**

Robert Holden

**It's important to evaluate the relationship you have with yourself. Ask yourself: Would you speak to someone else the way you speak about yourself?**

**“ Caring for  
myself is not self-  
indulgence, it is  
self preservation”**

Audre Lorde



"The creation of a more peaceful and happier society has to begin from the level of the individual, and from there it can expand to one's family, to one's neighborhood, to one's community and so on" ~ Dalai Lama

Time

Honesty

Listening

Thoughtfulness

Time

Presence

Fun

Empathy

Same  
interests

Similar  
backgrounds

Equality

Commitment

# WIDER RELATIONSHIPS

- SWAMM (South Wigston All Minds Matters)
- First Time For Everything
- Open Hearts
- Chatty Cafe