

A large background image showing a group of people in a celebratory mood, with several hands raised and high-fiving. In the foreground, a woman with curly hair is smiling broadly, looking up. To her left, a man is partially visible, also smiling. The background is bright and out of focus, suggesting an indoor setting with large windows.

# Build Strong Relationships

**Strengthen your relationships with support from Canopy**

- **Increase Healthy Communication**
- **Manage Conflict**
- **Navigate Challenging Situations**

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