



SCAN ME



What Does A Healthy Friendship Look Like

There are a few key elements that all healthy friendships have. First is that it is important for you to feel trust and comfort. This allows you to express your feelings and be vulnerable. Mutual respect is very important as well—you should respect others while expecting the same in return, even when you disagree. Support and balance also matter; you should feel like you can rely on others, and they can rely on you. Lastly, spending time with these people should leave you feeling happy and energized, not drained or upset. If you find yourself wishing you had more time together, that is a sign of a healthy connection.

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What Does An Unhealthy Friendship Look Like

To identify an unhealthy relationship, one key sign is control. If someone is trying to control who you talk to, what you do, or constantly needs to know your schedule, this is a red flag. Jealousy and emotional manipulation are also signs of toxicity. Lack of open communication, where you feel unsafe or unable to discuss things, is another warning sign. Lastly, when your boundaries, whether emotional or mental, are not respected, it shows a lack of respect and can indicate an unhealthy dynamic.

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How To Contribute To A Healthy Friendship

Contributing to a healthy friendship requires active listening. It's important to really hear what your friend is saying and expect the same in return. Communication helps build skills, and it's beneficial to be a source of emotional support, just as you want them to be there for you. Small gestures, acts of kindness, or simply expressing how much they mean to you can strengthen your bond. Lastly, being accountable for your actions, identifying areas for improvement, and being truthful helps the friendship grow and is crucial to maintaining a strong connection.

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Healthy Boundaries

Setting boundaries in a friendship is important, and there are three main types: emotional, physical, and time boundaries. Emotional boundaries involve sharing what you're comfortable talking about and understanding the other person's feelings and limits. Physical boundaries refer to what makes you comfortable, like personal space and physical touch, and making sure both sides respect those limits. Time boundaries involve respecting each other's availability. Understanding that it's okay not to spend all your time together and communicating when you need space to recharge will keep the friendship thriving.

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Communication Tip

Using the phrase **"Do you have space to vent?"** is a communication skill that ensures both you and the other person are ready for a conversation. It's important because it allows the other person to consent to the discussion, making sure they have the emotional and physical capacity to engage. Whether you're sharing good news or talking about something emotional or heavy, checking in with them first helps avoid overwhelming them. This tool is especially useful when emotions are high, ensuring the conversation is respectful and supportive for both sides.



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Andrea is passionate about helping individuals who are seeking personal growth and deeper exploration of their emotional and relational lives. Whether you're dealing with anxiety, depression, relationship challenges, or life transitions, Andrea provides a compassionate, non-judgmental space where you can feel heard, understood, and supported. Using a range of therapeutic modalities, such as CBT, DBT, Mindfulness, and Person-Centered, Andrea tailors their approach to meet the unique needs of each client. Through a collaborative process, she helps clients uncover the root causes of their struggles, develop strategies for meaningful change, and empower them to live more authentically.

Our Story

Pathways by Engage was created to expand access to quality mental health care. As a sister company to Engage Psychological Services, we share the same foundation of clinical excellence, compassion, and ethical care while placing a strong emphasis on affordability and accessibility. Our practice brings together a team of licensed clinicians and associate therapists who are carefully supervised and mentored by experienced licensed professionals. This collaborative structure allows us to provide thoughtful, high-quality care while offering more flexible pricing options and insurance-based services. We proudly serve clients through insurance networks including Aetna, Medicare, and Victims of Crime, with additional partnerships with Blue Shield, Anthem, and Cigna coming soon. At Pathways by Engage, we believe everyone deserves access to care that supports healing, resilience, and personal growth.