Mental Health Service will offer three group series on relationships to self and others. Learn ways to improve your current relationships, prepare for future ones, and handle the hardships that may come. Interested students are encouraged to join the group each week or drop in for a topic of interest. These seminars are open to all students.

#RelationshipGoals
Building and Maintaining Healthy Connections

FALL 2018 SCHEDULE
3:00-4:30PM | TUESDAYS
Check in at the Front Desk (Room 250), Second Floor, SHC

OCT 16    Let’s Talk: Interpersonal Effectiveness
OCT 23    Fighting Fair: Assertive Communication and Conflict Resolution
OCT 30    Relationship Toolkit
WOMEN’S DEVELOPMENT SEMINARS
3:00-4:30PM | TUESDAYS
Check in at the Front Desk (Room 250), Second Floor, SHC

NOV 6  Female Friendship
NOV 13 Women and the Caretaker Script
NOV 20 Women and Body Image

MEN’S DEVELOPMENT SEMINARS
3:00-4:30PM | WEDNESDAYS
Check in at the Front Desk (Room 250), Second Floor, SHC

SEPT 19 Understanding Self in the Age of Gender Spectrum
OCT 24 Relating to Fathers
NOV 14 Relating to Women
NOV 28 Rites and Rituals of Passage