



UMBC

RETRIEVER  
INTEGRATED  
HEALTH

Do Relationships  
seem **HARD** and  
cause you to have  
questions like  
these?

How can I  
communicate  
more effectively?



How can I  
Understand  
Others & Have  
them  
Understand ME?



How do I identify  
the types of  
relationships that I  
want and let go of  
relationships that  
are not helpful?



If you have these questions or more:  
Join us for the

## BRIDGE Workshop Series

Wednesdays, February 28,  
March 6 & 13

10:45-12pm

The Center for Well Being Room 118

Visit RIH's myUMBC  
page to learn more

