



# UMBC RELATIONSHIP SKILLS PROGRAM

COME LEARN IMPORTANT SKILLS THAT YOU CAN USE IN ALL YOUR RELATIONSHIPS

## 6-WEEK WORKSHOP PROGRAM

STARTING ON OCTOBER 19, EVERY MONDAY FROM 4:30–6PM IN COMMONS 327

**OCTOBER 19** – BE AN EFFECTIVE COMMUNICATOR

**OCTOBER 26** – MANAGE YOUR STRESS AND REDUCE RELATIONSHIP PROBLEMS

**NOVEMBER 2** – LISTEN MORE EFFECTIVELY

**NOVEMBER 9** – EXPRESS YOUR EMOTIONS

**NOVEMBER 16** – BE ASSERTIVE AND EXPRESS YOUR EXPECTATIONS

**NOVEMBER 23** – RESOLVE AND SOLVE PROBLEMS IN RELATIONSHIPS

FOR MORE INFORMATION, PLEASE CONTACT THE COUNSELING CENTER AT (410) 455-2472 OR EMAIL [MCHU@UMBC.EDU](mailto:MCHU@UMBC.EDU).