



UMBC RELATIONSHIP SKILLS PROGRAM

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

6-WEEK WORKSHOP PROGRAM

STARTING ON MARCH 30, EVERY WEDNESDAY FROM 3:30–5PM
IN THE COUNSELING CENTER

TOPICS INCLUDE

- BE AN EFFECTIVE COMMUNICATOR
- BE ASSERTIVE AND EXPRESS YOUR EXPECTATIONS
- RESOLVE AND SOLVE PROBLEMS IN RELATIONSHIPS

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