



# COUNSELING SERVICES FALL WORKSHOPS


*"Fall"* into Healthy Ways of  
Being Your Best Self




## WORKSHOP #3 NAVIGATING INTERPERSONAL RELATIONSHIPS

**GOAL:** To learn healthy communication and conflict management skills that will be useful in your various relationships (e.g. roommates, friends, romantic partners, coaches and teammates, professors and even family).


### HIGHLIGHTS



Develop an understanding of what healthy communication and conflict can look like in relationships



Discuss and learn effective communication skills to aid in working through conflict



Learn and practice setting healthy boundaries for yourself and with others

September 27, 2023 at 4:15pm in the DEIB Center  
(Across from the Radio Station)

*Snacks will be provided*

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