

Relationships 101 Workshop

Goals of Workshop:

- Gain knowledge of what a healthy relationship looks like.
- Learn about break-up experiences and gain coping skills.
- Gain knowledge over safe dating.
- Learn about the different types of communication styles.

Information:

The following sessions are walk-in, first come first serve with a max for 50 people. Students do not have to attend all four workshops to participate.

Workshops:

1. Understanding Healthy Relationships
2. Break-Ups
3. Safe Dating
4. Healthy Communication Styles

*Raffle opportunity and give away(s) at each session.

Time, Date, Location:

The workshop will take place in the Alumni Room, HPCC on **Thursdays, October 24, October 31, November 7, and November 14**. Held during the Universal meeting time from **11:30 a.m. – 12:15 p.m.**

* Snacks and drinks will be provided.

