

Relationship Workshop 101:

Taylor Blandine

Sheila Donnadio

Lesson 1: Understanding Healthy Relationships

- Will take place on Thursday, October 24, from 11:30 a.m. – 12:15 p.m. during universal break time. The workshop will be located in HPCC in the Alumni Room. The seating will be limited to 50 people, it is first come first serve. There will be attendance taken at the workshop; however, each workshop is individual in nature and attendance at all workshops is not required. The overall goal of this workshop will be to gain knowledge of what a healthy relationship looks like. During the workshop we will discuss characteristics of a healthy relationship, the different types of love languages that exist, and there will be a love language test to discover what type of love language you are! We will also have a fun team building exercise to help practice good communication skills! Each participant will have an opportunity to win the book called- The 5 Love Languages, The Secret to Love That Lasts. Snacks and drinks will be provided!

Lesson 2: Break-Ups

- Will take place on Thursday, October 31, from 11:30 a.m. – 12:15 p.m. during universal meeting time. The workshop will be located in HPCC in the Alumni Room. The seating will be limited to 50 people, anyone can walk in, it is first come first serve. There will be attendance taken at the workshop; however, each workshop is individual in nature and attendance at all workshops is not required. The overall goal of this workshop will be to learn about different break-up experiences and gain coping skills to work on symptoms that come from a break-up. During the workshop we will discuss what normal break-up experiences look like, different types of feelings and emotions that can come from a break-up, coping skills to help work through the feelings and emotions you are experiencing and participate in an activity to help imagine your next joyful chapter in your life. Each participant will have an opportunity to win a teddy bear! Snacks and drinks will be provided!

Lesson 3: Safe Dating

- Will take place on Thursday, November 7, from 11:30 a.m. – 12:15 p.m. during universal meeting time. The workshop will be located in HPCC in the Alumni Room. The seating will be limited to 50 people, anyone can walk in, it is first come first serve. There will be attendance taken at the workshop; however, each workshop is individual in nature and attendance at all workshops is not required. The overall goal of this workshop will be to gain knowledge over practicing safe dating. During the workshop we will discuss characteristics of an unhealthy relationship, different types of harmful behaviors, 8 safe dating tips, and participate in an activity to help stop continuing in an unhealthy relationship. Each participant will have an opportunity to win a safety whistle! Snacks and drinks will be provided!

Lesson 4: Healthy Communication Styles

- Will take place on Thursday, November 14, from 11:30 a.m. – 12:15 p.m. during universal meeting time. The workshop will be located in HPCC in the Alumni Room. The seating will be limited to 50 people, anyone can walk in, it is first come first serve. There will be attendance taken at the workshop; however, each workshop is individual in nature and attendance at all workshops is not required. The overall goal of this workshop will be to learn about the different types of communication styles. During the workshop we will discuss 8 basic skills for building equal power through communication, different aspects to good communication, different types of communication styles, and you will learn and practice communication techniques to use in real life situations. Each participant will have an opportunity to win an Art of Communication game to play with friends! Snacks and drinks will be provided!