



# 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

### 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](mailto:MCHU@UMBC.EDU).