

Relationships 101

Tuesdays 3-4 p.m. in the Women's Center Oasis, Old Main 3

Each Week Learn to...



Effectively navigate the different relationships in your lives



Improve your relationships with fellow students, friends, families, and/or romantic partners



Better understand yourself and your relationship patterns



Develop new ways to change these patterns and improve the quality of your relationships



Improve interpersonal relationship skills



This group offers peer feedback, self-awareness building, support, and the unique opportunity to practice with other students who may be experiencing similar difficulties. Learn how to have close, meaningful, and more rewarding relationships.



Persons with a disability, and who require accommodations, should notify the Disability Services Office two weeks prior to the event at: 610-683-4108 TDD number: 610-683-4499, or email: accommodation@kutztown.edu. Every effort will be made to provide reasonable accommodations

For more information contact:
Kutztown University

Women's Center
Old Main 126
610-683-4655

womenscenter@kutztown.edu

Visit us at:

www.kutztown.edu/womenscenter
www.kutztown.edu/womens_studies



A member of the Pennsylvania State System of Higher Education