

WEEKLY DROP-IN WORKSHOP

From Conflict to Connection: Skills for Relationships that Work

1714 9th Ave South, 3rd Floor Student Health & Wellness Center

Reflect on your own communication patterns and learn skills to foster healthier interactions. Learn strategies for navigating conflict and building stronger connections.

This workshop is:

- Led by a licensed mental health professional
- Free and open to all UAB students
- No registration required!

UAB The University of
Alabama at Birmingham.

Student Counseling Services

Thursdays

at 3:30pm

Student Counseling
Services Conference
Room 385

**CLICK A DATE TO LEARN
MORE ON ENGAGE!**

November 6th

November 13th

November 20th

December 4th

