

Counseling and Psychological Services

BRIDGE

Building Relationship Intimacy & Dialogue Effectiveness

Virtual Spring 2021

BRIDGE (Building Relationship Intimacy & Dialogue Effectiveness) focuses on identifying ways to foster healthy relationships via self-monitoring, effective communication, and conflict resolution skills. The three-session workshop is divided into content that builds upon itself. The sessions include modules dedicated to helping you:

- 1. Better understand your values and boundaries in relationships,**
- 2. Learn the role of culture in communication, different styles of communication, and strategies for effective communication, and**
- 3. Identify common causes of conflict and effective conflict management techniques.**

If you have any questions or should you need accommodations please contact counsel@gwu.edu.

Tuesdays | 3:00 PM | Link will be provided by workshop facilitators

SECTION A

- **January 26**
- **February 2**
- **February 9**

SECTION B

- **February 23**
- **March 2**
- **March 9**

SECTION C

- **March 23**
- **March 30**
- **April 6**

SECTION D

- **April 13**
- **April 20**
- **April 27**

COUNSELING AND PSYCHOLOGICAL SERVICES

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