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