The LSU Mental Health Service will offer a three-group series on relationships to self and others. Learn ways to improve your current relationships, prepare for future ones, and handle the hardships that may come. Interested students are encouraged to join the group each week or drop in for a topic of interest.

SPRING 2019 SCHEDULE

3:00-4:30PM | MONDAYS
Check in at the Front Desk (Room 250), Mental Health Service, SHC

MAR 11  Let’s Talk: Interpersonal Effectiveness
MAR 18  Fighting Fair: Assertive Communication and Conflict Resolution
MAR 25  Relationship Toolkit: Building and Maintaining Trust