

Spring 2019 Harrisburg Campus Wellness Counseling Workshop Series

Building Healthy Relationships

Date: Every Wednesday beginning February 6th, 2019

Time: 2:00 – 3:00 pm

Location: Harrisburg Campus – Cooper Student Center Room 209 A

Contract Name: Dr. Angela Campbell

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Details:

This workshop/group is based on chapters from Nan Silver, renowned Clinical Psychologist and John Gottman's Relationship Researcher's Book "Seven Principles to making Marriage Work"

Participants will have an opportunity to explore the skills needed to cultivate a solid intimate relationship when they develop one or in the one that currently exist. You do not need to be in a relationship to learn how to build a healthy one. All are Welcome!

- Feb. 6 Session I. Emotional Connections
- Feb. 13 Session II. Satisfaction & Romance (Valentine's Day is tomorrow)
- Feb. 20 Session III. Stress Emotional Disengagement, Chaos & Control
- Feb. 27 Session IV. Emotional or Sexual Affairs, Trust & Commitment
- March 13 Session V. Basic Values & Goals, Shared Meaning & Roles
- March 20 Session VI. Jealousy
- March 27 Session VII. Financial Issues
- April 3 Session VIII. Domestic Violence, Degradation & Humiliation
- April 10 Session IX. Children
- April 17 Session X. Spirituality & Religion
- April 24 Session XI. Have Fun Together

YOU DO NOT HAVE TO BE IN A RELATIONSHIP TO ATTEND ANY OF THESE SESSIONS

RSVP preferred due to space limitation. Please include your name, HACCid and the workshop, date/time you plan to attend. Please use [this link](#). To sign up use your HACC Hawk email. If faculty are interested in bringing a class, please email or call 212422. Email – amcampbe@hacc.edu