Managing Relationships Better
Fall 2019

WELLNESS GROUPS

One-time and multi-session groups for students, led by professional healthcare providers.

Wednesdays
2:00pm-3:00pm
JDUC room 135

- Learn effective communication strategies to avoid drama and improve relationships.
- Learn to examine and change your thinking habits that may be harming your relationships.

To register:
queensu.ca/studentwellness