

# ALVSCE FAIRNESS COUNCIL PRESENTS

## NAVIGATING RELATIONSHIPS

*ESSENTIAL FOUNDATIONS FOR THE ART OF EMPATHY AND COURAGEOUS CONVERSATIONS.  
WITH SPENCER GORIN, RN – ALCOHOL & OTHER DRUG & HARM REDUCTION SPECIALIST, UA*

**GOAL: TO BUILD POSITIVE SELF-LOVE,  
EMPATHY, UNDERSTANDING, CONNECTION  
AND COMMUNICATION SKILLS THROUGH  
RELATIONSHIP EDUCATION AND INTERACTIVE  
DIALOGUE AND ACTIVITIES.**



**After attending a Navigating Relationships Module you will be able to:**

- 1. Define five indicators which make up a healthy relationship.**
- 2. Identify the three central concepts of The Navigating Relationships workshop.**
- 3. 75% of participants/students will state that they feel better equipped to engage in healthier relationship because of attending a Navigating Relationships workshop.**
- 4. 75% of participants/students will state that they have a specific idea in mind by which to engage in healthier relationship because of attending a Navigating relationships workshop.**
- 5. Participants/Students will identify at least one take-home message that will help navigating relationships because of attending the workshop.**



**When: Wednesday, October 15<sup>th</sup> from 11:30 am - 1:00 pm**

**Where: ENR2, S215 or**

**<https://arizona.zoom.us/j/988216542>**

**RSVP: <https://doodle.com/sign-up-sheet/participate/383f9216-e793-403c-a185-8b4a3a5d4b6f/select>**

