**SCHEDULE OF WORKSHOPS**

**Couples has a U and an US In It.**
Thursday, February 20th, 2014, 6:00 pm - 7:30 pm
Student Services Center - Multipurpose Room

This interactive couples workshop will utilize panel discussions and activities to provide insight and skills in the areas of communication, conflict resolution, the importance of maintaining an identity and boundaries.

**Presenter: Mrs. Raejon Makonnen**

**“What’s Love Got to Do with It?”**
Tuesday, February 25th, 2014, 11:00 am—12:00 pm
Student Services Center (SSC) —Room 2147

The purpose of this workshop is to educate the campus community about myths and facts of sexual assault.

Sexual violence can happen to anyone at anytime.

Ms. Dee Copeland, Counselor at the Life Crisis Center will be the co-presenter.

**Presenter: Dr. Melanie Davenport**

**Be Aware, Show You Care: Understanding & Preventing Suicide**
Monday, March 3, 2014, 6:00 pm - 7:30 pm
Center for Access & Academic Success—SDC, 2nd Floor- Room 2201

This workshop will help you recognize the signs of distress and give you information that could be used in helping keep a peer safe.

**Presenter: Mrs. Raejon Makonnen**

**De-Stress 4 Midterm Success**
Thursday, March 6th, 2014, 11:00 am - 12:30 pm
Student Services Center (SSC) - Room 2147

The purpose of this Pre-Midterms presentation is to learn the 3S strategy: symptoms, sources and solutions to reduce stress.

**Presenter: Dr. Melanie Davenport**

**Safe Spring Break 2014!**
Tuesday, March 11, 2014, 6:30 pm –7:30 pm
Center for Access & Academic Success—SDC, 2nd Floor- Room 2201

Participants will discuss three distressed students who are facing everyday college life situations. The goal of this presentation is to inform students that Counseling Services is a confidential and safe place to work on any developmental, emotional or psychological concerns that may be creating discomfort or distress.

**Presenter: Cedric Rashaw**

**Recognizing Students in Distress**
Thursday, March 27th, 2014, 11:00 am—12:00 pm
Student Services Center (SSC) —Room 2147

The purpose of this workshop is to identify students who may benefit from counseling services. Participants will learn signs to recognize students who may be struggling with academics, emotions or physical challenges; and how to make a referral to UMES Counseling Services.

**Presenter: Dr. Melanie Davenport**

**Healthy Relationships “STD Awareness”**
Tuesday, April 8th, 2014, 6:00 pm -7:30 pm
Center for Access & Academic Success—SDC, 2nd Floor, Room 2201

This purpose of this workshop is to raise awareness about the impact of sexually transmitted disease (STD’s), date rape, knowing your partner and having protected sex.

**Presenter: Mr. Cedric Rashaw**

**No One Knows Me Better Than Me**
Wednesday, April 16, 2014, 6:00 pm - 7:30 pm
Center for Access & Academic Success—SDC, 2nd Floor- Room 2201

This workshop will help you to develop an awareness of the way you look at sex so you can openly discuss sexual issues and change the factors that prevent healthy sexual experiences.

**Presenter: Mrs. Raejon Makonnen**

**Note:** If you have a disability and require reasonable accommodations that we need to provide in order to facilitate your full participation in this program/event, please contact Dr. Dorling Joseph, Director Student Disability Services at (410) 621-3446. Please allow 3 to 5 days to arrange the accommodation.

UMES IS A SMOKE FREE CAMPUS!