

# CONNECTION CLUB

Learn more about emotionally nurturing your relationship with self and others through this 4 week workshop series.

Sessions will take place in-person in room NX111 at the North Campus.

Workshops are held from 1:30PM - 3:00PM.

No admittance after 1:45PM.

**WEEK 1:** CONSENT,  
COMMUNICATION &  
BOUNDARIES  
JANUARY 31, NX111

**WEEK 2:** GIVING & RECEIVING  
CARE  
FEBRUARY 14, NX111

**WEEK 3:** EXPECTATIONS & POWER  
DYNAMICS  
MARCH 6, NX111

**WEEK 4:** RELATIONSHIP WITH SELF  
MARCH 20, NX111

Workshops are free of charge and run by counsellors at Humber's Student Wellness and Accessibility Centre. Drop-in is permitted. Students are not required to attend all 4 workshops to participate.

Connection Club works from an anti-oppression framework. We recognize that students face systemic oppression on the basis of sexual and gender orientation, race, body size, class, disability, immigration status, country of origin, culture, age and religion. We are committed to creating an environment that celebrates diversity, and challenges all forms of oppression.

Participants who attend all 4 sessions qualify for a co-curricular credit. For more information and to register in advance for one or more workshop sessions, please visit:  
<http://tiny.cc/connectionclub> or scan the QR code.

