Title: RESPECT/Diversity: Find Out What it Means to You

DESCRIPTION: This program is designed to raise awareness and explore the roles of respect and empathy in understanding diversity. We will focus on sharing individual stories and provide a forum for group discussion.

Title: How to Help a Friend who is Feeling Depressed

DESCRIPTION: Learn the differences between "the blues" and depression and understand signs and symptoms of depression and suicidality. Through scenarios & role-plays this program will help you figure out how to approach & talk with your friend about this scary topic. It will also help you identify how to get support for yourself and where to refer your friend.

Title: How to Help a Friend who may be Coming Out

DESCRIPTION: Feeling unsure & confused about how to approach a friend who may be coming out? Concerned about how this issue might affect your relationship? Develop an awareness of issues as they relate to coming out as a lesbian, gay, bisexual or transgender person. Learn strategies through role-plays and discussion to provide support to your friend and to gain more understanding for yourself.

Title: How to Help a Friend with Grief and Loss

DESCRIPTION: Come explore ways to help a friend through issues of grief and loss. Learn the symptoms and signs, and what you can do as a friend to help alleviate the emotional pain.

Title: Combating Procrastination & Mastering Time Management Skills

DESCRIPTION: Was that paper due yesterday? Is that “Incomplete” still hanging over your head? This interactive program is designed to help you understand causes of procrastination and will teach time management strategies.

-OVER-
The House's
Program Descriptions

Continued…

Title: **Building & Maintaining Intimate Relationships**

**DESCRIPTION:** Is it difficult to find balance in your relationships? Do you sometimes lose yourself to keep the relationship going? Through discussion this program will help you understand what it takes to build a satisfying intimate relationship. You will also learn and practice communication skills.

Title: **Long Distance Relationships**

**DESCRIPTION:** Feeling lonely or blue because your friend or partner is miles away? In this interactive program, participants will have an opportunity to give and receive support to those in similar situations. Additionally, survival techniques and communication strategies will be discussed and practiced using role-plays.

Title: **So You're Leaving Davis...What's Next?**

**DESCRIPTION:** Are you ready to dive into the "real world"? Whether you're graduating, traveling or going home, transitions can be difficult and anxiety producing. Learn how to cope with changes through discussion, role-plays & by acquiring a few relaxation techniques.