

Communications & Relationships: The Art of Connection Connect, Communicate & Thrive...On and Offline

**WEDNESDAYS | 5:00-5:50 PM | INSTRUCTOR: CHRISTINA CAPEZZA
IN-PERSON & VIA ZOOM: SEPTEMBER-DECEMBER 2025**

In this NEW interactive class, instructor Christina Caprezza will teach students the fundamentals of what it takes to create, communicate and maintain a variety of relationship circles. These circles can include communicating and interacting with everyone from acquaintances, to neighbors and bosses to our best friends and people we date....however, different communication tools are needed for each circle to thrive. Students can expect to learn how to:

- Communicate clearly and respectfully in different types of relationships
- Recognize healthy vs. unhealthy dynamics and establish boundaries without guilt
- Navigate relational challenges with greater resilience
- Create and sustain meaningful connections

Students will also receive instruction on specific communication strategies to navigate everyday interactions and potential challenges via awareness of body language, active listening, mirroring, and voice tone to minimize conflict and personal disappointment. Strategic online media safety precautions to take when communicating with others in our virtual relationship(s) circles will also be offered. Students will be taught via the REAL Essentials Curriculum utilizing evidence-based communication techniques and offering all students the healthy relationship tools necessary for lifelong interpersonal success. This ongoing class is for anyone looking to gain clarity and strategic understanding for improved personal relationships.

CLASS SCHEDULE

**Wednesdays Fall I September-October &
Fall II November-December 2025**

Fall I: 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29

Fall II: 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17,

12/24-CLOSED-Christmas Eve,

12/31-CLOSED-New Years Eve



PRICING

\$45/Class Hour

REGISTRATION

To register, email: chawkins@buexperience.org
More info at www.abcommunityclasses.org