

The Office of Counseling Services

Presents...

WELLNESS THURSDAYS

Workshops for Mental Health and Good Living

Life in college can be tough! A little help can go a long way...

So if you, are someone you know, need help getting through a rough patch, or if you just like topics on self-development, then please join us during this special series. Offered every other Thursday.

DATES:

SEPTEMBER 15th: "How to Love Yourself: Building Self-Esteem, Self-Confidence, and Self-Compassion"

SEPTEMBER 29th: "Getting Out of the Happiness Trap: How to Accept Disappointment in the Pursuit of Happiness"

OCTOBER 13th: "Anxiety: Beast, Butterflies, and Best Friend"

OCTOBER 27th: "Living Life While Experiencing Grief"

NOVEMBER 10th: "Understanding Depression"

DECEMBER 1: "Sexual Assault Awareness : Transforming the Culture"

ALL SESSIONS IN FORBES 2070c from 12:30-1:20