

# WELLNESS WORKSHOPS

## Counseling and Psychological Services

FALL 2020

All workshops are drop-in; no sign-up necessary

*Please use the link below to join:*

<https://bit.ly/3jgU0QQ>

### STRESS WELLNESS

*Identify how stress impacts you and increase skills/tools to decrease stress.*

### MOOD WELLNESS

*Learn how to understand and accept your emotions. Develop skills to increase positive emotional experiences.*

### THOUGHT WELLNESS

*Learn how your thoughts impact your mood and behavior. Gain skills to modify negative thoughts and beliefs.*

**OCTOBER 7**

3 – 4PM

*Laura Vidal & Jenny Han*

**OCTOBER 13**

1 – 2 PM

*Gabrielle Giomini & Alysa Klassen*

**OCTOBER 20**

11AM – 12PM

*Calvin Yang & Alysa Klassen*

**NOVEMBER 3**

11AM – 12PM

*Calvin Yang & Alysa Klassen*

**NOVEMBER 12**

3 – 4PM

*Laura Vidal & Jenny Han*

**NOVEMBER 18**

1 – 2PM

*Gabrielle Giomini & Jenny Han*

**DECEMBER 2**

2 – 3PM

*Gabrielle Giomini & Jenny Han*

**DECEMBER 8**

11AM – 12PM

*Calvin Yang & Alysa Klassen*

**DECEMBER 10**

3 – 4PM

*Laura Vidal & Jenny Han*