“Mood Management”: Learn how to understand and accept your emotions. Develop skills to increase positive emotional experiences.
- Tuesday, 02/02/16, 9:00-10:00 a.m., Dr. Annie Petrossian, Housing G160
- Wednesday, 02/10/16, 1:00-2:00 p.m., Dr. Jill Kapil, TSU ASI President’s Rm.
- Wednesday, 02/10/16, 2:00 – 3:00 p.m., Dr. Will Concepcion, APARC, UH 211B
- Monday, 02/22/16, 12:00 – 1:00 p.m., Susan Leavy, LMFT, Irvine Campus Room 245

“Anxiety/Worry Management”: Learn how your thoughts impact your mood and behavior. Gain skills to modify negative thoughts and beliefs.
- Tuesday, 02/09/16, 9:00-10:00 a.m., Dr. Annie Petrossian, Housing G160
- Wednesday, 02/17/16, 2:00-3:00 p.m., Dr. Will Concepcion, APARC, UH 211B
- Wednesday, 02/24/16, 1:00-2:00 p.m., Dr. Jill Kapil, TSU ASI President’s Rm.
- Monday, 03/14/16, 12:00 – 1:00 p.m., Susan Leavy, LMFT, Irvine Campus Room 245

“Embrace Stress”: Identify how stress impacts you and increase skills/tools to decrease stress.
- Tuesday, 02/16/16, 9:00-10:00 a.m., Dr. Annie Petrossian, Housing G160
- Wednesday, 02/24/16, 2:00-3:00 p.m., Dr. Will Concepcion, APARC, UH 211 B
- Wednesday, 03/02/16, 1:00-2:00 p.m., Dr. Jill Kapil, TSU ASI President’s Rm.
- Monday, 04/04/16, 12:00 – 1:00 p.m., Susan Leavy, LMFT, Irvine Campus Room 245

Note: You are welcome to attend one or more of the workshops in this 3-part series.