Attention all Cardinals!!!! Outreach Workshops will be offered throughout the semester this fall and are open to ALL STUDENTS on campus. These workshops are designed to help you learn how to be more resilient so that you can feel better equipped to face the challenges of balancing academics, work, social life, and self-care. You can attend as many workshops as you want for FREE! Don’t want to come alone? Don’t worry, bring some friends! We hope to see you soon!!!!

FALL 2019 Schedule

Workshops will be offered multiple times each week at several locations on campus. Below you will find information about each of our workshop topics as well as when/where they will be taking place this semester. Questions? Please email us at CounselCtr@bsu.edu.

- Mind Traps-- learn skills to better manage your negative thoughts in a healthy and effective way
  - Tues 9/3 11AM (BL215); Tuesday 9/17 6PM (Park Hall Seminar Rm); Tuesday 9/24 11AM (BL215); Thursday 10/17 2PM (BL215); Tues 11/12 11AM (BL215)

- Building Positive Emotion--learn skills to bring more positivity into your daily life
  - Thurs 9/5 2PM (BL215); Wed 9/25 4PM (SC Pineshelf Rm); Wednesday 10/9 6PM (Park Hall Seminar Rm); Tues 10/22 11AM (BL215); Wed 11/13 4PM (SC Pineshelf RM); Thurs 12/12 2PM (BL215)

- Combating Self-Criticism-- learn skills to accept yourself and be less judgmental of your thoughts
  - Tues 9/10 11AM (BL215); Thurs 9/26 2PM (BL215); Wed 10/23 4PM (SC Pineshelf Rm); Wed 11/6 6PM (Woodworth-Crosley Conference Rm); Thurs 11/14 2PM (BL215); Thurs 12/5 2PM (BL215)

- Healthy Boundaries—learn how to set and communicate appropriate and healthy limits in relationships
  - Wed 9/11 4PM (SC Pineshelf Rm); Tues 10/1 11AM (BL215); Thurs 10/24 2PM (BL215); Tues 11/19 11AM (BL215)

- Healthy Coping—learn how to identify the difference between healthy and unhealthy coping skills and how to increase the use of healthy coping in your daily life
  - Thurs 9/12 2PM (BL215); Wed 10/2 4PM (SC Cardinal Hall A/219A); Tue 10/22 6PM (Woodworth-Crosley Conference Rm); Wed 10/30 4PM (SC Pineshelf Rm); Wed 11/20 4PM (SC Pineshelf Rm); Tues 12/10 11AM (BL215)

- Managing Anxiety & Depression—learn about anxiety and depressive symptoms and how to create a plan to manage symptoms in a healthy way
  - Tues 9/17 11AM (BL215); Thurs 10/3 2PM (BL215); Tues 11/5 11AM (BL215) Thurs 11/21 2PM (BL215)

- Mindfulness— learn skills to help manage stress by being present in the current moment
  - Wed 9/18 4PM (SC Cardinal Hall A/219A); Tues 10/15 11AM (BL215); Wed 11/6 4PM (SC Pineshelf Rm); Tues 11/19 6PM (Park Hall Seminar Rm); Tues 12/3 11AM (BL215); Wed 12/11 4PM (SC Pineshelf Rm)

- Problem-Solving—learn how make positive decisions in times of crisis
  - Thurs 9/19 2PM (BL215); Wed 10/16 4PM (SC Pineshelf Rm); Thurs 11/7 2PM (BL215); Wed 12/4 4PM (SC Pineshelf Rm)

If the workshops don’t fit into your schedule, don’t worry! Here are some other resources to consider:

* Resource & Relaxation Room: This drop-in space is located in the Counseling Center (Room 310) and is open during business hours (M-F 8-5). It provides students with access to massage chairs, light therapy, self-help materials, and a free condom shop.

* WellTrack: A self-help app that can be accessed from your phone, tablet, or computer. It provides tools and tips to begin making positive life changes. You can access WellTrack from our website (https://www.bsu.edu/campuslife/counselingcenter).