September 2019

- Tuesday 9/10, 11:00AM, BL215 – COMBATING SELF-CRITICISM: Learn skills to accept yourself and be less judgmental of your thoughts.
- Wednesday 9/11, 4:00PM, SC Pineshelf Room – HEALTHY BOUNDARIES: Learn how to set and communicate appropriate and healthy limits in relationships.
- Thursday 9/12, 2:00PM, BL215 – HEALTHY COPING: Learn how to identify the difference between healthy and unhealthy coping skills and how to increase the use of healthy coping skills in your life.
- Tuesday 9/17, 11:00AM, BL215 – MANAGING ANXIETY AND DEPRESSION: Learn about anxiety and depressive symptoms and how to create a plan to manage symptoms in a healthy way.
- Wednesday 9/18, 4:00PM, SC Cardinal Hall A (219A) – MINDFULNESS: Learn skills to help manage stress by being present in the current moment.
- Thursday 9/19, 2:00PM, BL215 – PROBLEM-SOLVING: Learn how to make positive decisions in times of crisis.
- Tuesday 9/24, 11:00AM, BL215 – MIND TRAPS: Learn skills to better manage your negative thoughts in a healthy and effective way.
- Wednesday 9/25, 4:00PM, SC Pineshelf Room – BUILDING POSITIVE EMOTIONS: Learn skills to bring more positivity into your daily life.
- Thursday 9/26, 2:00PM, BL215 – COMBATING SELF-CRITICISM: Learn skills to accept yourself and be less judgmental of your thoughts.

October 2019

- Tuesday 10/1, 11:00AM, BL215 – HEALTHY BOUNDARIES: Learn how to set and communicate appropriate and healthy limits in relationships.
- Wednesday 10/2, 4:00PM, SC Cardinal Hall A (219A) – HEALTHY COPING: Learn how to identify the difference between healthy and unhealthy coping skills and how to increase the use of healthy coping skills in your life.
- Thursday 10/3, 2:00PM, BL215 – MANAGING ANXIETY AND DEPRESSION: Learn about anxiety and depressive symptoms and how to create a plan to manage symptoms in a healthy way.
- Tuesday 10/15, 11:00AM, BL215 – MINDFULNESS: Learn skills to help manage stress by being present in the current moment.
- Wednesday 10/16, 4:00PM, SC Pineshelf Room – PROBLEM-SOLVING: Learn how to make positive decisions in times of crisis.
- Thursday 10/17, 2:00PM, BL215 – MIND TRAPS: Learn skills to better manage your negative thoughts in a healthy and effective way.
- Tuesday 10/22, 11:00AM, BL215 – BUILDING POSITIVE EMOTIONS: Learn skills to bring more positivity into your daily life.
- Wednesday 10/23, 4:00PM, SC Pineshelf Room – COMBATING SELF-CRITICISM: Learn skills to accept yourself and be less judgmental of your thoughts.
- Thursday 10/24, 2:00PM, BL215 – HEALTHY BOUNDARIES: Learn how to set and communicate appropriate and healthy limits in relationships.
- Wednesday 10/30, 4:00PM, SC Pineshelf Room – HEALTHY COPING: Learn how to identify the difference between healthy and unhealthy coping skills and how to increase the use of healthy coping skills in your life.

November 2019

- Tuesday 11/5, 11:00AM, BL215 – MANAGING ANXIETY AND DEPRESSION: Learn about anxiety and depressive symptoms and how to create a plan to manage symptoms in a healthy way.
- Wednesday 11/6, 4:00PM, SC Pineshelf Room – MINDFULNESS: Learn skills to help manage stress by being present in the current moment.
- Thursday 11/7, 2:00PM, BL215 – PROBLEM-SOLVING: Learn how to make positive decisions in times of crisis.
- Tuesday 11/12, 11:00AM, BL215 – MIND TRAPS: Learn skills to better manage your negative thoughts in a healthy and effective way.
- Wednesday 11/13, 4:00PM, SC Pineshelf Room – BUILDING POSITIVE EMOTIONS: Learn skills to bring more positivity into your daily life.
- Thursday 11/14, 2:00PM, BL215 – COMBATING SELF-CRITICISM: Learn skills to accept yourself and be less judgmental of your thoughts.
- Tuesday 11/19, 11:00AM, BL215 – HEALTHY COUNTRIES: Learn how to set and communicate appropriate and healthy limits in relationships.
- Wednesday 11/20, 4:00PM, SC Pineshelf Room – HEALTHY COPING: Learn how to identify the difference between healthy and unhealthy coping skills and how to increase the use of healthy coping skills in your life.
- Thursday 11/21, 2:00PM, BL215 – MANAGING ANXIETY AND DEPRESSION: Learn about anxiety and depressive symptoms and how to create a plan to manage symptoms in a healthy way.

December 2019

- Tuesday 12/3, 11:00AM, BL215 – MINDFULNESS: Learn skills to help manage stress by being present in the current moment.
- Wednesday 12/4, 4:00PM, SC Pineshelf Room – PROBLEM-SOLVING: Learn how to make positive decisions in times of crisis.
- Thursday 12/5, 2:00PM, BL215 – COMBATING SELF-CRITICISM: Learn skills to accept yourself and be less judgmental of your thoughts.
- Tuesday 12/10, 11:00AM, BL215 – HEALTHY COPING: Learn how to identify the difference between healthy and unhealthy coping skills and how to increase the use of healthy coping skills in your life.
- Wednesday 12/11, 4:00PM, SC Pineshelf Room – MINDFULNESS: Learn skills to help manage stress by being present in the current moment.
- Thursday 12/12, 2:00PM, BL215 – BUILDING POSITIVE EMOTIONS: Learn skills to bring more positivity into your daily life.