

WELLNESS WORKSHOP SERIES

Sponsored by The Carruth Center for Psychological and Psychiatric Services

CPASS Room 101
TUESDAYS 6:30-7:30 PM

September 13

Adjusting to College

October 4

Stress and Anxiety Management Skills

November 1

Healthy Relationships and Coping with Break-ups

November 29

Seasonal Blues: Coping with Winter/Holidays/Finals