Counseling Department Summer Workshops

Combating Negative Self-Talk:

May 29, 2024, 3 pm- 4 pm
https://bit.ly/43YDI7k

Time Management:

June 5, 2024, 2:00 pm-3:00 pm
https://bit.ly/3TViTVT

July 17, 2024, 10:00 am -11:00 am
https://bit.ly/4apF1i9

Tackling Test-Taking Anxiety:

June 11, 2024, 3:00 pm- 4:00 pm
https://bit.ly/3Q0xD4F

August 13, 2024, 11:00 am -12:00 pm
https://bit.ly/3JhnDjB

Stress Management:

June 18, 2024, 11 pm - 12 pm
https://bit.ly/49C5kR3

August 12, 2024, 3 pm- 4 pm
https://bit.ly/3xCGNxU

Stress & Anxiety Group:

June 6, 2024, 12 pm - 1 pm
https://bit.ly/4apR8vD

June 12, 2024, 12 pm - 1 pm
https://bit.ly/4aOrXTy

July 24, 2024, 12 pm - 1 pm
https://bit.ly/3VZCI0S

July 31, 2024, 12 pm - 1 pm
https://bit.ly/3xBQAnY

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