

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>

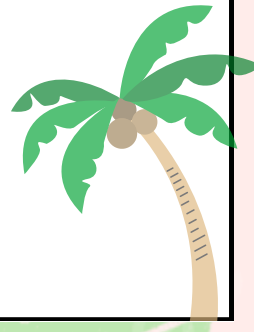
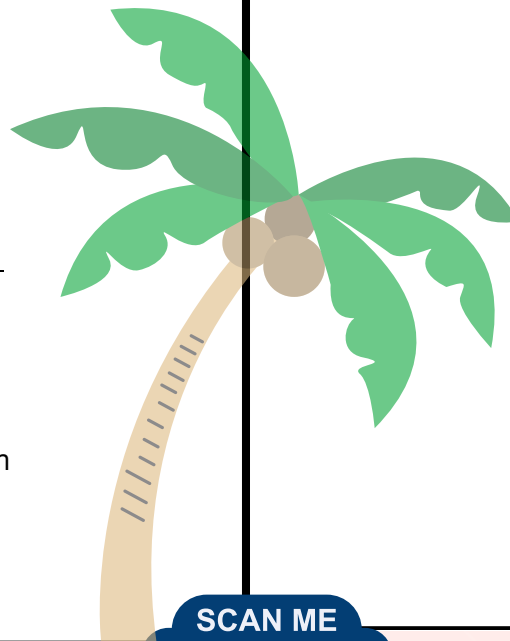
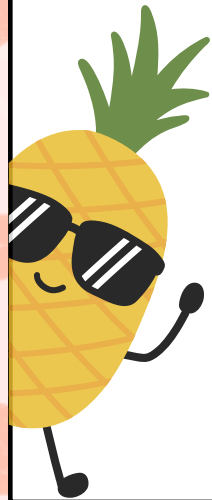
Stress & Anxiety Group:

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/3VZCIOS>

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



SCAN ME

