This series will meet every Wednesday in Mental Health Service at 3pm. You do not have to pre-register and can attend as many seminars as you would like. Come learn and practice skills for effective management of anxious and depressed moods!

3 - 4:15PM | WEDNESDAYS | ROOM 250, SHC

JAN 23  Active Coping: Breathe Your Way to Calm
JAN 30  Cognitive Toolkit for Reducing Negative Moods
FEB  6   Mindfulness in Practice
FEB 13  Mastering Social Anxiety
FEB 20  Cultivating Self-Care: Body Positive Thinking
FEB 27  When Anxiety and Depression Converge

MAR 13  Active Coping: Breathe Your Way to Calm
MAR 20  Cognitive Toolkit for Reducing Negative Moods
MAR 27  Cultivating Confidence (When You Feel Like an Imposter)
APR  3   When Panic Attacks
APR 10  Wise Mind I: Habits of a Healthy Mind
APR 24  Wise Mind II: Finding Balance