SKILLS WORKSHOPS (require appointment at counseling center before joining)

LIFE SKILLS This workshop is designed to teach and practice a variety of coping strategies to improve mental health. Topics include understanding and managing emotions, changing negative self-talk, increasing mindfulness, being more self-compassionate. If you are interested in learning and trying new ways to cope, then this is a great workshop for you.

TBD (starting late January and meeting for 4 weeks)

COLORING MY STRESS AWAY The aim of adult coloring workshop is to use coloring activities to help members cope with anxiety and depression as well as other stressors. Art allows members to explore their own experience without getting caught up in cognitive processes when they are stressed. Coloring allows members to focus on living in the present, and to be less engaged in the future or the past. Coloring activities also create experiential moments in group among members where they can connect with others in a positive and present way. We hope through this group, members can re-experience childhood fun and recall creative and playful moments in their lives.

Thursdays 1:00-2:00; 1/28, 2/4, 2/11, 2/18

S.O.S: STOP OBSESSIVE SELF-CRITICISM The S.O.S workshop is mindfulness and self-compassion workshop designed for those of you who are suffering from self-criticism and who want to combat these internal critical messages and rebuild a positive, compassionate relationship with yourself. The purpose of this workshop is not to “FIX” you or “SOLVE” your problems. Instead it is to teach you to understand how your own criticism could worsen your problem, lead to beating yourself up, and increase your level of psychological stress. Through a four-session model, you will learn to rebuild a new relationship with yourself, increase your presence through mindful living, offer warmth and unconditional acceptance to yourself, and comfort yourself when you are suffering.

Wednesdays 2:00-3:00; 2/3, 2/10, 2/17, 2/24