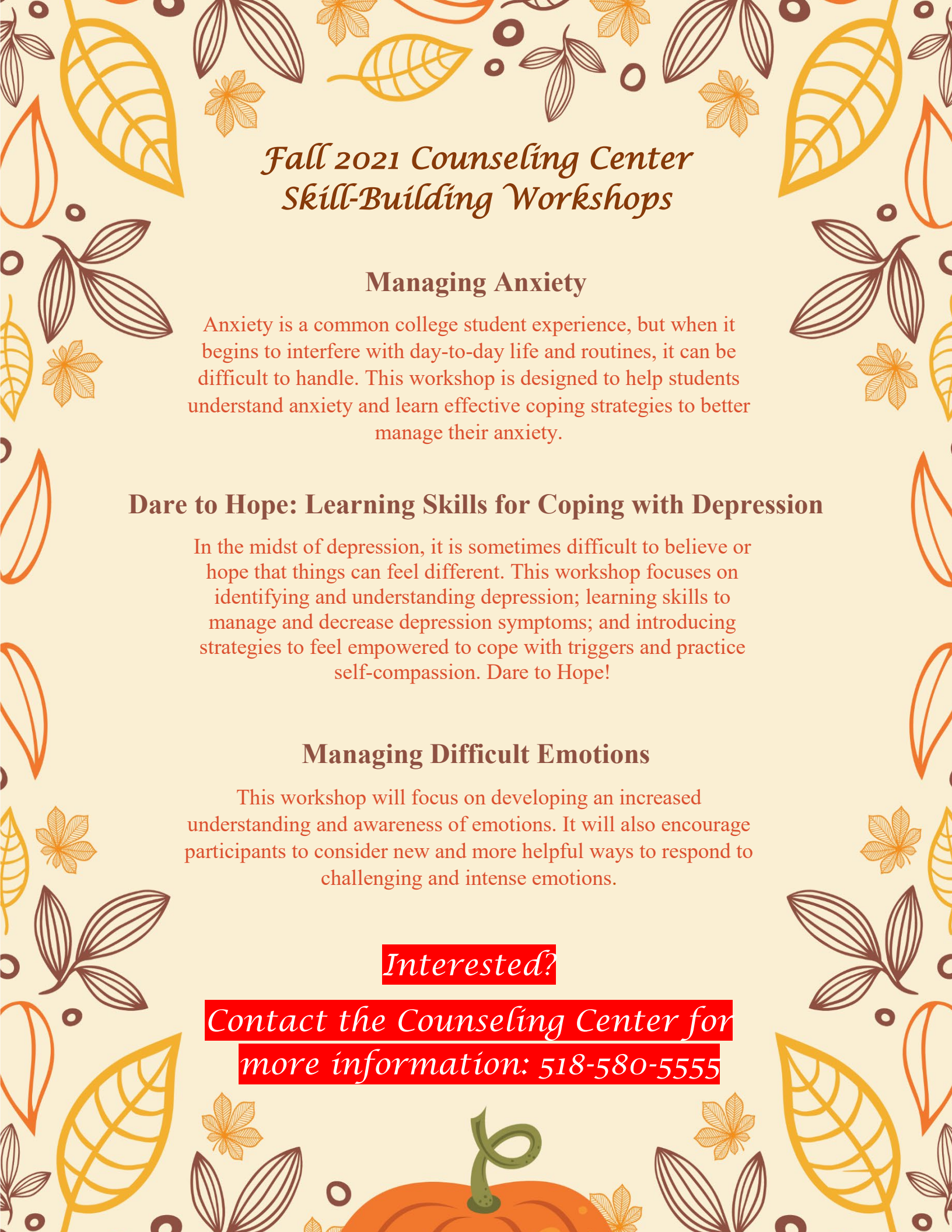


The entire page is framed by a decorative border of autumn-themed illustrations. It includes various styles of leaves in shades of yellow, orange, and brown, as well as small pumpkins and circular motifs. At the bottom center, there is a large, detailed illustration of an orange pumpkin with a green stem and leaf.

Fall 2021 Counseling Center Skill-Building Workshops

Managing Anxiety

Anxiety is a common college student experience, but when it begins to interfere with day-to-day life and routines, it can be difficult to handle. This workshop is designed to help students understand anxiety and learn effective coping strategies to better manage their anxiety.

Dare to Hope: Learning Skills for Coping with Depression

In the midst of depression, it is sometimes difficult to believe or hope that things can feel different. This workshop focuses on identifying and understanding depression; learning skills to manage and decrease depression symptoms; and introducing strategies to feel empowered to cope with triggers and practice self-compassion. Dare to Hope!

Managing Difficult Emotions

This workshop will focus on developing an increased understanding and awareness of emotions. It will also encourage participants to consider new and more helpful ways to respond to challenging and intense emotions.

Interested?

***Contact the Counseling Center for
more information: 518-580-5555***