

WCSU COUNSELING CENTER WORKSHOPS

SPRING 2017

Mental Health Awareness – Friday, February 3rd 1:00 pm – 2:30 pm

The purpose of this workshop is to raise awareness about mental health issues most impacting college students. This workshop will focus on the mental health continuum (from general mental wellness to mental illness/disorders), stigma reduction and breaking barriers associated with mental illness in an effort to promote help seeking behaviors and mental wellness practices.

Meditation & Compassion – Friday, February 10th 1:00 pm – 2:30 pm

This workshop offers an introduction to the practice of meditation and its benefits, as well as, it will provide participants with an experiential opportunity to practice meditation in a compassionate manner

Self-Compassion – Friday, March 31st 1:00 pm – 2:30 pm

This workshop helps participants identify signs of stress, as well as, guides them through a self-assessment of current coping strategies. Emphasis is on building strategies on how to become compassionate with oneself especially during stressful times.

Workshops held at *STUDENT CENTER-Midtown Campus, ROOM 226.*
Please Register at CounselingCenter@wcsu.edu or call 203-837-8690.

WCSU COUNSELING CENTER

181 White Street, Midtown Campus, Student Center, 2nd floor, Room 222

203-837-8690; www.wcsu.edu/counseling/