

WINTER WORKSHOPS 2013

STRESSED?



January 29 – 11:30 am – 12:30 pm

Sometimes the stress of balancing school, work, and everything in between can feel like too much! Join us to discover healthy ways managing your stress and lightening your load.

Hinson Campus Center, El Clemente Room

RELATIONSHIPS



February 12 – 11:30 am – 12:30 pm

Romance, family, friends, and everything in between – get a better understanding of the different types of relationships and how they fit together (or don't fit together, for that matter)!

Hinson Campus Center, El Clemente Room

THERAPY?



February 26 – 11:30 am – 12:30 pm

Find out what psychotherapy is, why and when people go, and why it's not as complicated as you might think. Learn about modern therapeutic approaches and what therapy is really all about.

Hinson Campus Center, El Clemente Room

ANXIETY



March 12 – 11:30 am – 12:30 pm

Everyone has anxiety, but it becomes a big deal when someone has too much of it—and it turns out that college students have plenty! Learn about anxiety and common treatments.

Hinson Campus Center, El Clemente Room

DEPRESSION



March 19 – 11:30 am – 12:30 pm

How sad is "too sad"? Feeling sad all the time might actually be something called depression. The college years can be tough at times and sometimes people need support. Learn about depression and common treatments.

Hinson Campus Center, El Clemente Room