



STUDENT MENTAL HEALTH AND WELLBEING WORKSHOPS VIA ZOOM

Join us for virtual workshops designed for the advancement of student mental health. Participants will gain insight and learn coping skills necessary to build personal resiliency and improve well being.

Coping with Anxiety

February 16th at 11:00 AM
March 23rd at 11:00 AM
May 4th at 11:00AM

Anger Management

February 23rd at 11:00 AM
March 30th at 11:00 AM
May 11th at 11:00 AM

Overcoming Procrastination

March 2nd at 11:00 AM
April 13th at 11:00 AM
May 18th at 11:00 AM

Building Self-Esteem

March 9th at 11:00 AM
April 20th at 11:00 AM
May 25th at 11:00 AM

Coping with Rejection & Loss

March 16th at 11:00 AM
April 27th at 11:00 AM
June 1st at 11:00 AM

Register on [Health and Wellness Center Website](#)

With Licensed Psychologist, [Dr. Michael Izadi](#)

All workshops are 1 hour long.