Mindfulness, Coping & Resilience Workshop Series

This drop-in workshop series develops skills that help combat depression, anxiety, motivation and performance problems, and poor self-image. Workshops will be held every Friday afternoon from 2:10-3:00 p.m. in the SHS classroom. No need to register. Students may attend as many times as they’d like.

Using Mindfulness to Improve Attention and Mood (offered on 2/6)

Managing Your Thoughts So They Don't Manage You (2/13)

Riding the Storm Out: Managing Difficult Feelings (2/20)

Perfectly Good Enough: Increasing Self Esteem and Self Compassion (2/27)

Using Values to Create a Life Worth Living (3/6)