COUNSELING SERVICES WORKSHOP SERIES

Wednesdays
4:30-6:00pm
Rusk 333

- Feeling like you need some help with Stress Management?
- Need assistance with Relaxation Techniques?
- Want to know more about Mindfulness and Self-Compassion?

SFA Counseling Services is offering workshops that teach skills to promote mental health and emotional wellness. Call 936-468-2401 for more information.

WORKSHOP SCHEDULE

- Relaxation Station—January 27
- Untwist Your Thinking—February 3
- Mindfulness-Be Here Now—February 10
- Bring Home The Basics—February 17
- Self-Compassion—February 24
- Get Off The Emoticoaster—March 2