This series will meet every Wednesday in Mental Health Service at 3pm. You do not have to pre-register and can attend as many seminars as you would like. Come learn and practice skills for effective management of anxious and depressed moods!

3 - 4:15PM | WEDNESDAYS | ROOM 250, SHC

AUG 29  Active Coping: Breathe Your Way to Calm
SEPT 5  Cognitive Toolkit for Reducing Negative Moods
SEPT 12  Mindfulness in Practice
SEPT 19  Mastering Social Anxiety
SEPT 26  Cultivating Self-Care: Healthy Eating for Mind and Body
OCT 10  When Anxiety and Depression Converge

OCT 17  Active Coping: Breathe Your Way to Calm
OCT 24  Cognitive Toolkit for Reducing Negative Moods
OCT 31  Cultivating Self-Care: Best Practices for Restful Sleep
NOV 7  When Panic Attacks
NOV 14  Wise Mind I: Habits of a Healthy Mind
NOV 28  Wise Mind II: Finding Balance