

Need help?

Text: "**courage**" To: **741741**

FREE. 24/7. CONFIDENTIAL.

Many of us will experience a mental health challenge in our lifetime. All of us have a reason to speak up.

PROVIDED BY

CRISIS TEXT LINE |

Need help?

Text: "**courage**" To: **741741**

FREE. 24/7. CONFIDENTIAL.

Many of us will experience a mental health challenge in our lifetime. All of us have a reason to speak up.

PROVIDED BY

CRISIS TEXT LINE |

13 Reasons Why **NOT** Workshops

*Stay knowledgeable and aware, and know that help
is always there!*

All Workshops held in room 1602 from 2:00-3:30

Workshop #1 - 9/13/17

College: Adapting to a new Educational & Social Environment – Managing School and Social Changes

Workshop #2 - 10/11/17

"Friendships are complicated"- Dealing with Betrayal and changing friendships

Workshop #3 - 11/18/17

"Can you say who you truly are?"- Exploring Your Identity and the role of Social Media on Identity and Body Image- How to Ask for Help!

Workshop #4 - 12/13/17

Increasing Coping Skills to Survive College: The Role of Gratitude

Workshop #5 - 2/14/18

What If? – Understanding Chain Analysis, Boundaries and How to effect Change in Your Life

Workshop #6 - 3/14/18

Assertiveness & Communication

Workshop #7 - 4/11/18

Being a Survivor – Coping with Sexual Assault and Unwanted Sexual Advances

Workshop #8 - 5/9/18

How to deal with Self-Harm, Suicidal Thoughts, and Endangering yourself

Workshop #9 - 5/16/18

What is Right? Examining One's Moral & Values to Foster Hope