

***The Counseling Center presents***  
**The Feelin' Good Workshops**



**Self-Harm: What is it and how can I help myself or another**

Wednesday, February 8<sup>th</sup> 5:30 - 6:30 p.m.  
in Three Top Mountain Room/ 169 Plemmons Student Union

**Assert Yo'sef:** *Learn about various communication styles and how to be assertive.*

Monday, February 27<sup>th</sup> 5:30 - 6:30 p.m.  
in the Beacon Heights Room/ 417 Plemmons Student Union

**Test Your Mood: Mental Health Screening**

Wednesday, March 1<sup>st</sup> 10:00 a.m. - 1:00 p.m.  
in the Price Lake Room/ 201 Plemmons Student Union

**Are you Even Listening?** *How to listen and reduce conflict*

Wednesday, March 22<sup>nd</sup> 5:30 - 6:30 p.m.  
in Rough Ridge Room/415 Plemmons Student Union

**A Quick Spell Course: Why Transfigure Yourself Into Something You're Not?**

*Identifying your strengths based on your Harry Potter house.*

Wednesday, March 29<sup>th</sup> 5:30 - 6:30 p.m.  
in Room 114 Belk Library & Info Commons

**Make your own Coping Tool Box**

Thursday, March 30<sup>th</sup> 12:00 - 1:00 p.m.  
in the Roan Mountain Room/ 122 Plemmons Student Union

**Feel Confident in 1 Hour**

Monday, April 10<sup>th</sup> 12:00 - 1:00 p.m.  
in New River Room/ 100 Plemmons Student Union

**Home for the Summer: Creative ways to cope with the transition**

Wednesday, April 19<sup>th</sup> 5:30 - 6:30 p.m.  
in Rough Ridge Room/ 415 Plemmons Student Union

*Extra credit slips will be made available*

For more information contact the Counseling Center  
262-3180 or [counseling.appstate.edu](http://counseling.appstate.edu)