

The Counseling Center presents
The Feelin' Good Workshops



Get Connected - *From making friends to finding a date, learn how to overcome common barriers and be more socially connected.*

Wednesday, September 20th 6:00 - 7:00 p.m.

Three Top Mountain Room / 169 Plemmons Student Union

Test Your Mood: Mental Health Screening

Wednesday, September 27th anytime between 10:00 a.m. – 2:00 p.m.

Calloway Peak Room / 137A Plemmons Student Union

Self-Harm: What is it and how can I help myself and others?

Thursday, October 19th 6:30 - 7:30 p.m.

Three Top Mountain Room / 169 Plemmons Student Union

Let's Talk College Student Mental Health:

Talk with the Counseling Center Director and view a short film featuring students who struggle with mental health concerns

Wednesday, October 25th 5:00 - 6:00 p.m.

Rough Ridge Room / 415 Plemmons Student Union

Build Your Own Coping Skills Tool Box

Wednesday, November 1st 12:00 - 1:00 p.m.

Watauga River Room / 102 Plemmons Student Union

From Critical to Calm – *Understand your emotions better and learn how to approach them with a calm and mindful attitude.*

Friday, November 17th 3:00 - 4:00 p.m.

Linville Gorge Room / 242 Plemmons Student Union

Extra credit slips will be made available

For more information contact the Counseling Center

262-3180 or counseling.appstate.edu