

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



How to Overcome Stress!

Monday, September 19th, 12:00 - 1:00 p.m.
New River Room, Plemmons Student Union

Test Your Mood: Mental Health Screening

Wednesday, September 28th, 10:00 a.m. - 1:00 p.m.
Calloway Peak Room, Plemmons Student Union

Coping with Expressive Arts: Creativity can help us cope with stress.

No artistic experience required!

Tuesday, October 4th, 6:00 - 7:00 p.m.
Belk Library Room 421

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

Thursday, October 27th, 6:00 - 7:00 p.m.
Rough Ridge Room, Plemmons Student Union

Relationship 411 – Relationship Concerns, Dating Advice and How to Make a Relationship work (or not).

Wednesday, November 9th, 6:00 - 7:00 p.m.
Belk Library Room 421

Meditation for beginners: A little guidance, please?

Thursday, November 17th, 2:00 - 3:00 p.m.
New River Room, Plemmons Student Union

Extra credit slips will be made available

For more information contact the Counseling Center
262-3180 or counseling.appstate.edu