

Spring 2018

Monsour Counseling and Psychological Services

Workshops

Getting Unstuck

This three session workshop focuses on helping you understand depressive symptoms and building skills to manage these symptoms.

Fridays, 1-2 p.m.

Round 1

Feb.16, Feb. 23, March 2

Round 2

April 6, 13 and 20

Anxiety Toolbox

This three-session workshop focuses on helping you understand anxiety symptoms and build skills to manage these symptoms.

Fridays, 11 a.m.-12 p.m.

Round 1

Feb. 16, Feb. 23, and March 2

Round 2

April 6, 13 and 20

Monsour Counseling and Psychological Services

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