

VIRTUAL WORKSHOPS* FALL 2020

Monsour Counseling & Psychological Services

One-Time Workshops

Tuesday 9/8, 11 a.m.-12 p.m. PST

You Can Help A Friend

This workshop addresses how to recognize and respond to signs of distress in peers. Learn about actions you can take and where to go for more support. To register contact: Carrie.Park@claremont.edu

Wednesday 9/9, 4 p.m.-5 p.m. PST

How To Transition To College During a Pandemic

In this workshop, we will discuss common concerns that students have regarding starting college during a pandemic. We will talk about how to feel connected with your classmates and campus, and how to be successful when learning from home. To register contact: Emily.Bragg@claremont.edu

Thursday 9/10, 1 p.m.-2 p.m. PST

Recognizing and Responding to Distress in Students (for faculty and staff)

This workshop will discuss how to identify distress in students and how you can help as a faculty or staff member. To register contact: Carrie.Park@claremont.edu

Thursday 9/24, 1 p.m.-2 p.m. PST
Self-Care & COVID-19

This workshop will explore the impact of COVID-19 on our wellbeing and discuss strategies for improving emotional wellness. To register contact: Carrie.Park@claremont.edu

Tuesday 9/29, 11 a.m.-12:30 p.m. PST
Race and White Allyship

Inspired by Ijeoma Oluo's book, *So You Want to Talk About Race*, learn how to be an advocate with our conversation on how to be an anti-racist without being a white savior. We'll discuss white privilege and white supremacy as we discuss how we can be a part of dismantling systemic racism and discrimination. And if you're feeling uncomfortable or nervous about the conversation—that's okay—what matters is that we show up and use those feelings to help create positive change. To register contact: Lauren.Cook@claremont.edu or Fiona.Vajk@claremont.edu

Tuesday 10/20, 11 a.m.-12 p.m.

Recovering From Relationship Trauma

This workshop will help identify negative relationship patterns, learn to cope with the effects of trauma and practice self-compassion, and explore healthy ways of connecting in relationships. To register contact: Shalom.Alaichamy@claremont.edu

Thursday 10/22, 1 p.m.-2 p.m. PST

Working with Perfectionism

Do you struggle with feeling like your work and your performance is never quite good enough? Are you losing sleep, worrying that you could always do a little better? We're breaking down perfectionism and how to sit with "good enough" so that you can still DO well and FEEL well. To register contact: Lauren.Cook@claremont.edu

Available by Request

How Student Leaders/Mentors Can Better Support Black Students

A tailored workshop involving conversations about race/antiracism, & culturally responsive ways of supporting Black students. If you're interested requesting this workshop, please contact Dr. Shawndeeia Drinkard (Shawndeeia.Drinkard@claremont.edu) & Patty Gonzalez, LMFT (Patricia.Gonzalez@claremont.edu).

*All workshops are open for all students regardless of location. Please email the contact person to register for the workshop. For any other general inquiries, contact Lisette.Sanchez2@claremont.edu