

# VIRTUAL WORKSHOPS\* FALL 2020

Monsour Counseling & Psychological Services

## Workshop Series

### Mindfulness Mondays

Please join us for engaging in a few moments of Mindfulness on Mondays beginning 8/31. Mindfulness has many benefits such as reducing stress, improving emotional regulation, and promoting relaxation. We will be posting new videos every Monday! Please see our Instagram at [@MCAPSclaremont](#) for more information

### Centering Black Experiences

**Tuesdays, 3 p.m.-4:30 p.m. PST**  
**9/8, 9/22, & 10/6**

This is a 3-session drop-in workshop series. Join us for conversations related to narratives, racism, healing, gender, & more. This space is open to all 7C Black students. To register contact: [Shawndeeia.Drinkard@claremont.edu](mailto:Shawndeeia.Drinkard@claremont.edu). 7C students who are interested in conversations related to these topics who are not members of the Black community are encouraged to contact [Patricia.Gonzalez@claremont.edu](mailto:Patricia.Gonzalez@claremont.edu) for more information/discussion opportunities.

### Anxiety Management Workshop Series

**Tuesdays, 11 a.m.-12:00 p.m. PST**  
**9/22, 9/29, 10/6, 10/13, 10/20, & 10/27**

This is a 6-week workshop series in which students will explore ways of coping with anxiety by living in full experience rather than running from the stressors of life. Based on the principles of Acceptance and Commitment Therapy, the workshops will utilize mindfulness techniques, experiential activities, and discussion to give students tools for managing anxiety more effectively and help them pursue their values. To register contact: [Grant.Goodman@claremont.edu](mailto:Grant.Goodman@claremont.edu)

### Healthy Relationships

**Wednesdays, 3 p.m.-4:30 p.m. PST**  
**9/23, 9/30, 10/7, & 10/19**

This is a 4-week workshop series on different topics about healthy relationships. Topics include; (1) myths and taboos, (2) healthy and unhealthy conflicts, (3) communication and expectations, and (4) stages of a relationship. To register contact: [Miao.Li@claremont.edu](mailto:Miao.Li@claremont.edu) or [Shalom.Alaichamy@claremont.edu](mailto:Shalom.Alaichamy@claremont.edu)

### Creative Expressions

**Thursdays, 1 p.m.-2p.m. PST**  
**9/17, 10/1, 10/15, 10/29, & 11/12**

This biweekly drop-in workshop will focus on developing healthy coping through artistic expression. Recommended materials: pen, paper, markers or color pencils, scissors and tape. To register contact: [Emily.Bragg@claremont.edu](mailto:Emily.Bragg@claremont.edu) or [Lisette.Sanchez2@claremont.edu](mailto:Lisette.Sanchez2@claremont.edu)

### International Student Drop-in Coffee Hour

**Thursdays, 10 a.m.-11 a.m. PST**  
**9/24, 10/8, 10/22, 11/5, & 11/19**

This is a biweekly supportive space for International students to get to know each other and engage in conversations about topics related to their experience at the Claremont Colleges. Topics include: cultural adjustment and challenges, campus resources, stress management, healthy relationships and American holidays. No matter where you are in the world, please feel free to drop by our virtual space with your favorite beverage! To register contact: [Miao.Li@claremont.edu](mailto:Miao.Li@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](mailto:Lisette.Sanchez2@claremont.edu)

