

VIRTUAL ONE-TIME WORKSHOPS

Spring 2021
Monsour Counseling & Psychological Services

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 LisetteSa@claremont.edu

THURSDAY 2/18, 3-4:30PM PST RACE & 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

THURSDAY, 3/4, 3-3:50PM 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

FRIDAY, 2/19, 12-12:50PM PST STUDY SKILLS WORKSHOP

Have you had difficulty staying focused on your studies during this pandemic? Join us for this skills based workshop to learn about how to set yourself up for academic success. The skills learned will be applicable for all students, including those with ADHD or other learning differences. This free 1-hour workshop is open to all 7C students, but RSVP is required for the Zoom link. To register contact: Grant.Goodman@claremont.edu.

TUESDAY, 3/23, 11-11:50AM PST RECOVERING FROM RELATIONSHIP TRAUMA

This workshop will help you identify negative relationship patterns, learn to cope with the effects of trauma, start practicing self-compassion, and explore healthy ways of connecting in relationships. To register contact: ShalomA@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).