

# Virtual Workshops

FALL 2021

## MONSOUR COUNSELING & PSYCHOLOGICAL SERVICES

Please email the contact person to register for workshop and receive Zoom link. For any other general inquiries, contact [LisetteSa@claremont.edu](mailto:LisetteSa@claremont.edu)

### Returning to College w/ Covid-19 Select Tuesdays, 12 – 12:50 p.m.

9/14, 9/28, 10/12, 11/9, & 12/7

A drop-in support space for students readjusting to campus and for processing the ongoing stresses of the continuing evolution of the pandemic. To register contact: [LisetteSa@claremont.edu](mailto:LisetteSa@claremont.edu)

### Healthy Relationships Wednesdays 3 – 4 p.m.

11/3 & 11/10

This is a 2-part workshop on increasing insight into relationships. Part 1 will deal with understanding unhealthy relationship patterns and Part 2 will focus on how to build healthy relationships. To register contact: [Miao.Li@claremont.edu](mailto:Miao.Li@claremont.edu) or [ShalomA@claremont.edu](mailto:ShalomA@claremont.edu)

### Don't Isolate in Isolation Wednesdays 12 – 12:50 p.m.

9/1-12/8

A weekly drop-in support space for students who are isolating or quarantining due to Covid-19. To register contact: [LisetteSa@claremont.edu](mailto:LisetteSa@claremont.edu)