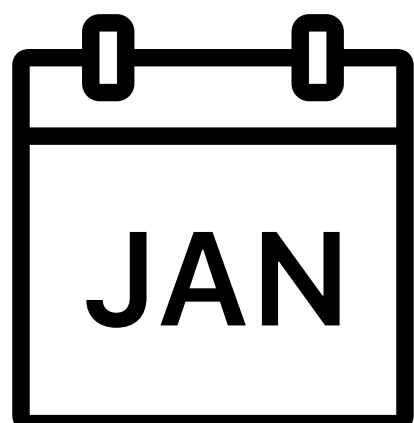


VIRTUAL WORKSHOPS

Spring 2022

Monsour Counseling & Psychological Services

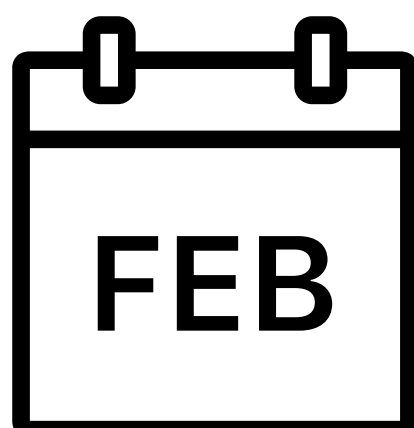
Please email the contact person to register for workshop and receive Zoom link. For any other general inquiries, contact LisetteSa@claremont.edu



Monday 1/31, 12-1pm PST

Assertiveness & Empowerment

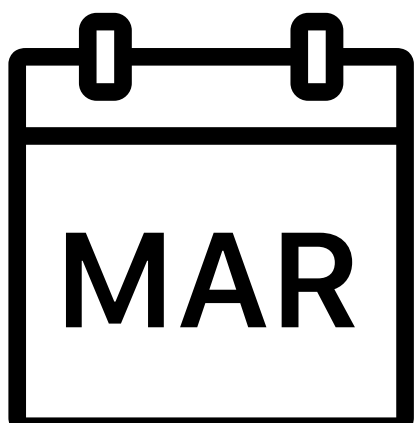
Contact: Dr. Carrie Park, Carrie.Park@claremont.edu



Tuesday 2/8, 2-3pm PST

Art For Coping With Anxiety

Contact: Dr. Emily Metrie, Emily.Metrie@claremont.edu



Wednesday 2/16, 12-1pm PST

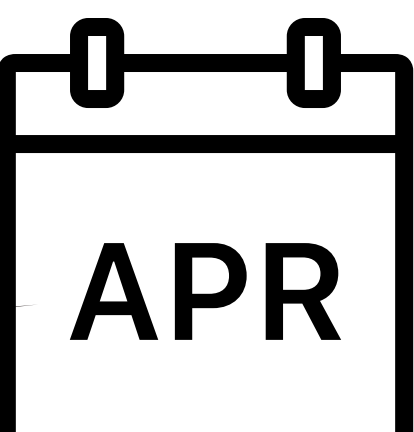
Understanding and Overcoming the Impostor Phenomenon

Contact: Dr. Lisette Sanchez, LisetteSa@claremont.edu

Wednesday 2/23, 3-4pm PST

International Student Coffee Hour

Contact: Dr. Miao Li, Miao.Li@claremont.edu



Thursday 3/1, 1-2pm PST

The Happiness Trap

Contact: Dr. Grant Goodman, Grant.Goodman@claremont.edu

Wednesday 3/9, 12-1pm PST

Recovering From Relationship Trauma

Contact: Dr. Shalom Alaichamy, ShalomA@claremont.edu

Monday 3/28, 12-1pm PST

Defeating Procrastination

Contact: Dr. Fiona Vajk, Fiona.Vajk@claremont.edu

Mondays 4/18 & 4/25, 12-1pm PST

Yoga For Stress Relief

Contact: Dr. Beth Perlman, Beth.Perlman@claremont.edu or Dr. Dana Reyes, Dana.Reyes@claremont.edu