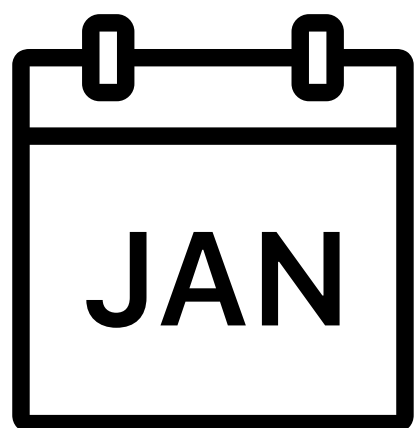


# VIRTUAL WORKSHOPS

*Spring 2022*

*Monsour Counseling & Psychological Services*

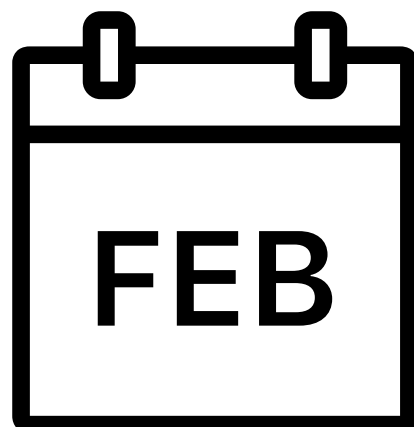
Please email the contact person to register for workshop and receive Zoom link. For any other general inquiries, contact [LisetteSa@claremont.edu](mailto:LisetteSa@claremont.edu)



**Monday 1/31, 12-1pm PST**

Assertiveness & Empowerment

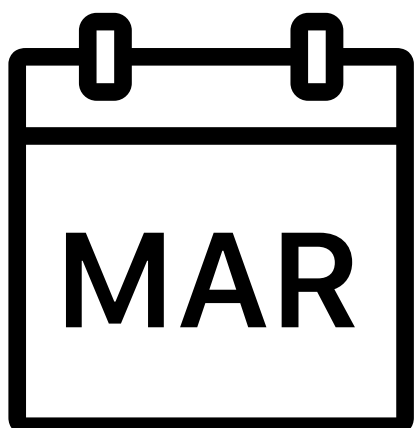
Contact: Dr. Carrie Park, [Carrie.Park@claremont.edu](mailto:Carrie.Park@claremont.edu)



**Tuesday 2/8, 2-3pm PST**

Art For Coping With Anxiety

Contact: Dr. Emily Metrie, [Emily.Metrie@claremont.edu](mailto:Emily.Metrie@claremont.edu)



**Wednesday 2/16, 12-1pm PST**

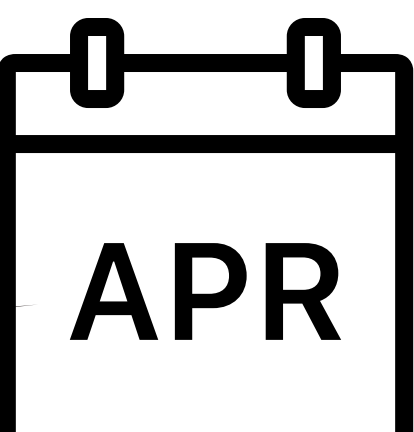
Understanding and Overcoming the Impostor Phenomenon

Contact: Dr. Lisette Sanchez, [LisetteSa@claremont.edu](mailto:LisetteSa@claremont.edu)

**Wednesday 2/23, 3-4pm PST**

International Student Coffee Hour

Contact: Dr. Miao Li, [Miao.Li@claremont.edu](mailto:Miao.Li@claremont.edu)



**Thursday 3/3, 1-2pm PST**

The Happiness Trap

Contact: Dr. Grant Goodman, [Grant.Goodman@claremont.edu](mailto:Grant.Goodman@claremont.edu)

**Wednesday 3/9, 12-1pm PST**

Recovering From Relationship Trauma

Contact: Dr. Shalom Alaichamy, [ShalomA@claremont.edu](mailto:ShalomA@claremont.edu)

**Monday 3/28, 12-1pm PST**

Defeating Procrastination

Contact: Dr. Fiona Vajk, [Fiona.Vajk@claremont.edu](mailto:Fiona.Vajk@claremont.edu)

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

Yoga For Stress Relief

Contact: Dr. Beth Perlman, [Beth.Perlman@claremont.edu](mailto:Beth.Perlman@claremont.edu) or Dr. Dana Reyes, [Dana.Reyes@claremont.edu](mailto:Dana.Reyes@claremont.edu)