

Fall '22 WORKSHOPS

Monsour Counseling & Psychological Services

Anxiety Toolbox

3-Sessions

Tuesdays, 11/1, 11/8, 11/15

11:00am-12:00pm

Dr. Ruby Aranki

[Sign Up](#)



Getting Unstuck

3-Sessions

Fridays, 10/21, 10/28, 11/4

10:00am-11:00am

Dr. Stephanie Gutarra

[Sign Up](#)



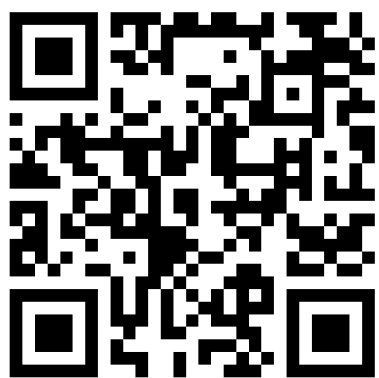
Healthy Relationships

Wednesday, 10/5

12:30pm-1:30pm

Dr. Shalom Alaichamy & Dr. Miao Li

[Sign Up](#)



Yoga for Stress Relief

Tuesdays, 9/20, 9/27, 10/4

3:00pm-4:00pm

Dr. Dana Reyes

[Sign Up](#)



Art for Anxiety

Thursday, 11/10

11:00am-12:00pm

Dr. Emily Metrie

[Sign Up](#)



Study Skills

Friday, 9/30

11:00am-12:00pm

Dr. Grant Goodman

[Sign Up](#)

