

Spring '23 WORKSHOPS

Monsour Counseling & Psychological Services

Anxiety Toolbox

3-Sessions
Mondays, 2/27, 3/6, 3/13
2-3:00pm
Dr. Ruby Aranki



[Sign Up](#)

Getting Unstuck

3-Sessions
Frdays 3/10, 3/17, 3/24
10-11:00am
Dr. Stephanie Gutarra



[Sign Up](#)

Recovering from Relationship Trauma

Tuesday, 3/7
11-12:00pm
Dr. Shalom Alaichamy



[Sign Up](#)

Yoga for Stress Relief

Wednesdays, 2/22, 3/29, 4/26
4-5:00pm
Dr. Dana Reyes



[Sign Up](#)

Art for Anxiety

Tuesday, 3/7
1-2:00pm
Dr. Emily Metrie



[Sign Up](#)

Study Skills

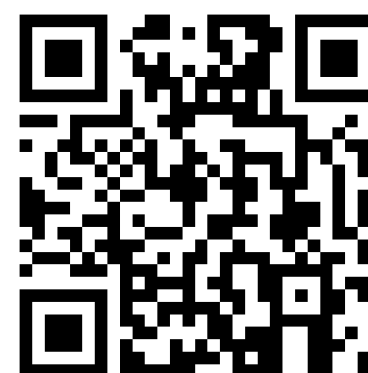
Friday, 2/17
12-1:00pm
Dr. Grant Goodman



[Sign Up](#)

Self Compassion

Wednesday 4/12
3-4:00pm
Dr. Jessica Demerdjian



[Sign Up](#)