

WELLNESS & RESILIENCE SKILL BUILDING WORKSHOP

A place where you can learn

- *How to live in the moment*
- *How to cope with stress*
- *How to regulate emotions*
- *How to improve communication*



**SCAN HERE TO
REGISTER**

The 6-session workshop will be offered 3 rounds during the fall semester. Register now to secure your spot!

2025 Fall Semester Workshop Schedule

	MONDAY 10:30-12 PM @ PSYC 1183	THURSDAY 1-2:30 PM @ PGSC	FRIDAY 10-11:30AM @PUSH B17
MINDFULNESS	9/22	10/16	10/24
INTERPERSONAL EFFECTIVENESS	9/29	10/23	10/31
DISTRESS TOLERANCE 1	10/6	10/30	11/7
DISTRESS TOLERANCE 2	10/20	11/6	11/14
EMOTION REGULATION 1	10/27	11/13	11/21
EMOTION REGULATION 2	11/3	11/20	12/5