

Coping Skills Series

Getting Unstuck



A 3-session workshop intended to help students' increase their understanding and knowledge about depression. This workshop will also provide attendees with life-long tools to use while facing depressive symptoms.

Tuesdays at 12:00 p.m., Fridays at 9:00

Mental Health 101: Skills for Anxiety and Depression



This 3-week workshop will provide participants a better understanding of their anxious and/or depressed mind. Participants will learn effective ways to get unstuck and how to create a stress-tolerant lifestyle. Learning how to calm the body and mind will be accomplished through recognizing and working with problematic thoughts or behaviors, and mindfulness skills to be more aware of our situation.

Mondays at 2:00 (students can join at any time)

The Flexible Mind



This 3-session workshop focuses on skill development and learning to respond to distress in a flexible way. The workshop help attendees 1) gain a deeper understanding of their concerns, 2) create flexibility in how they view and approach distressful situations, and 3) help them take steps toward a valued life with a wide range of emotions.

Mondays at 10:00 a.m., Thursdays at 12:00 p.m.

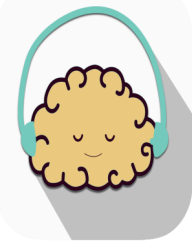
Seeking Serenity



This 3-week workshop will help participants understand their emotional experience. Skills in distress tolerance, emotion regulation, and mindfulness will be taught and participants will learn ways to manage their overwhelming emotional experiences.

Tuesdays at 12:00 p.m., Fridays at 11:00 a.m.

Taming the Anxious Mind (TAM)



This 3-week workshop will provide participants a better understanding of their anxious mind. Participants will learn effective ways to calm the body, calm the mind, and to create a stress-tolerant lifestyle.

Mondays at 10:00 a.m., Thursdays at 12:00 p.m., Fridays at 2:00 p.m.



Getting Unstuck (GU)

	Facilitator	Round 1	Round 2	Round 3	Round 4	Round 5
Tuesdays 12:00 p.m.	Mel Walker	2/6/24 2/13/24 2/20/24	2/27/24 3/5/24 3/12/24	3/26/19 4/2/24 4/9/24	4/16/24 4/23/24 4/30/24	
Fridays 9:00 a.m.	Medina Azim	2/2/24 2/9/24 2/16/24	2/23/24 3/1/24 3/8/24	3/15/24 3/29/24 4/5/24	4/12/24 4/19/24 4/26/24	5/3/24 5/10/24 5/17/24

The Flexible Mind

	Facilitator	Round 1	Round 2	Round 3	Round 4	Round 5
Mondays 10:00 a.m.	Polly	2/5/24 2/12/24 2/19/24	2/26/24 3/4/24 3/11/24	3/25/24 4/8/24 4/15/24	4/22/24 4/29/24 5/6/24	
Thursdays 12:00 p.m.	Ashley	2/1/24 2/8/24 2/15/24	2/22/24 2/29/24 3/7/24	3/14/24 3/28/24 4/4/24	4/11/24 4/18/24 4/25/24	5/2/24 5/9/24 5/16/24

Seeking Serenity (SS)

	Facilitator	Round 1	Round 2	Round 3	Round 4	Round 5
Tuesday 12:00 p.m.	Jenna Zusman	1/30/24 2/6/24 2/13/24	2/20/24 2/27/24 3/5/24	3/12/24 3/26/19 4/2/24	4/9/24 4/16/24 4/23/24	4/30/24 5/7/24 5/14/24
Fridays 11:00 a.m.	Dr. Jay	2/9/24 2/16/24 2/23/24	3/1/24 3/8/24 3/15/24	3/29/24 4/5/24 4/12/24	4/19/24 4/26/24 5/3/24	

Taming the Anxious Mind (TAM)

	Facilitator	Round 1	Round 2	Round 3	Round 4	Round 5
Monday 10:00 a.m.	Naomi Wu	1/29/24 2/5/24 2/12/24	2/19/24 2/26/24 3/4/24	3/11/24 3/25/24 4/8/24	4/15/24 4/22/24 4/29/24	
Thursday 12:00 p.m.	Katie Ramos	2/8/24 2/15/24 2/22/24	2/29/24 3/7/24 3/14/24	3/28/24 4/4/24 4/11/24	4/18/24 4/25/24 5/2/24	
Fridays 2:00 p.m.	Dr. Sara	2/2/24 2/9/24 2/16/24	2/23/24 3/1/24 3/8/24	3/15/24 3/29/24 4/5/24	4/12/24 4/19/24 4/26/24	5/3/24 5/10/24 5/17/24



Student Health & Counseling Services

Fall 2023, Updated 9/19/23

Fall 2023, Updated 9/19/23

To sign-up for a group, please use the QR Code below to sign-up online, or call SHCS at (760) 750-4915.

