

tuesday @ seven Counseling Center Paraprofessionals fall 2020 workshops

All workshops will be held via Zoom.

Meeting ID: 930 2999 6885

Password: Tues7

September 8	Suicide Prevention: Creating Caring Communities
September 22	Exploring Mental Wellness: Turning Inward in Tough Times
September 29	Time for a Check-Up: Monitoring Mental Health
October 6	Managing Mid-Semester Stress for Success
October 13	Hold On, I'm Overthinking This: Developing Mindfulness
October 20	Overcoming Isolation and Loneliness
October 27	Mood Food: Stress and Healthy Eating
November 3	Coping with Socio-Political Stress
November 10	Health is Wealth: Invest in Self Care
November 17	Leading with Emotional Intelligence in Relationships
December 1	Building Resilience and Positivity
December 8	#FinishStrongIllinois: Preparing for Finals
December 10	Special Thursday @ 7 Edition: The Elephant in the Room: Managing Conflicts

Student Affairs

