

LOVE INSPIRE FULFILL ENCOURAGE

WORKSHOPS

Counseling Services: Topics and Dates

Workshops are held Thursdays from 11:00am to 12:00pm

Location: Zoom.

Click on the desired workshop topic link below to register in advance.
After registering, you will receive a confirmation e-mail containing information about joining the meeting.

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- 6th of February..... [Goals & Decision Making](#)
 - 13th of February..... [Building Healthy Relationships](#)
 - 20th of February..... [Conquering Fear & Worry: Anxiety Management](#)
 - 27th of February..... [Contents Under Pressure: Stress Management](#)
 - 6th of March..... [Building Healthy Self-Esteem](#)

If you have any questions, please contact Jo.Christian@mtsu.edu

PLEASE NOTE: These workshops are psycho-educational. They should not be considered treatment or a substitute for treatment of any mental/psychiatric conditions.

CRISIS LINE: 988
1-800-273-TALK (1-800-273-8255)

