

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.

11th of September..... [Building Healthy Relationships](#)
18th of September....[Conquering Fear & Worry: Anxiety Management](#)
25th of September.....[Contents Under Pressure: Stress Management](#)
2nd of October.....[Building Healthy Self-Esteem](#)
9th of October..... [Goals & Decision Making](#)

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)

