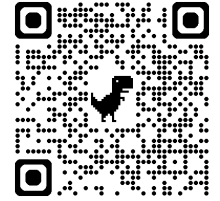


Mental Health Workshop Series

Free, virtual and open to all U of A students and staff.



SCAN TO REGISTER

TAKE THE WHOLE SERIES Sessions build to provide the fullest set of skills.	OR A SINGLE WORKSHOP Choose only what you want to attend
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WORKSHOP	CYCLE 1	CYCLE 2
The Climb: Managing Mood	Thursdays 3 - 4 pm	Fridays 11 am - 12 pm
Understanding Your Emotional Landscape	Oct 15	Nov 20
Ready, Set, Action! Behavioral Activation	Oct 22	Nov 27
From Mind-Full to Mindful	Oct 29	Dec 4
The Productivity Playbook	Mondays 10 - 11 am	Tuesdays 11 am - 12 pm
Do Not Disturb: Training Your Brain to Stay Focused	Sep 14	Oct 27
Sparking Motivation: Build Drive When You've Stalled	Sep 21	Nov 3
Get it Done: Tackling Procrastination	Sep 28	Nov 17
Spend Wisely: Time and Task Management	Oct 5	Nov 24
Find Balance: The Wellness Reset	Mondays 12 - 1 pm	Tuesdays 3 - 4 pm
From Burnout to Balance	Sep 14	Nov 17
The Glow-Up Guide	Sep 21	Nov 24
Quiet the Inner Critic	Sep 28	Dec 1
The Anxiety Series	Fridays 11 am - 12 pm	Thursdays 3 - 4 pm
Understanding Anxiety	Oct 2	Nov 5
Identifying & Challenging Anxious Thoughts	Oct 9	Nov 19
Facing Your Fears & Gaining Control	Oct 16	Nov 26