

COUNSELING AND STUDENT SUCCESS Fall 2018 WORKSHOP SCHEDULE

Please call (973) 328-5140 or stop by Student Community Center 118 for more information

SEPTEMBER

September is Suicide Prevention Awareness Month
Suicide Prevention Awareness Events

Please check the Counseling & Student Success website for up to date events and details:
<https://www.ccm.edu/student-life/campus-services/counseling-services-and-student-success>
Or email at counseling@ccm.edu

College Survival Skills*: Thursday, September 13 at 12:30-1:45pm in Cohen Hall 265

College can be one of the most exciting, and the most stressful, experiences for many students. Acquiring essential skills and techniques can help keep your time in college fun, challenging, and successful! Learn or get a refresher in proven strategies to help you thrive in and out of college without losing your cool.

**Note: This popular workshop is offered throughout the semester. See below for additional dates and times.*

OCTOBER

College Survival Skills*: Tuesday, October 16 at 11:00-12:15pm in Cohen Hall 160

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De-Stress Fest Week! October 22-25

Stressed out? Stop by, have fun, and relax! Enjoy stress relieving activities featuring yoga, meditation, karaoke, therapy dogs, and more! Please refer to the Counseling & Student Success website as new information becomes available: <https://www.ccm.edu/student-life/campus-services/counseling-services-and-student-success> or e-mail at counseling@ccm.edu.

Anxiety and Stress Support Group: Tuesday, October 30 at 12:30-1:45pm in Cohen Hall 265

Sometimes it's difficult to know what to do when feeling overwhelmed, stressed or frustrated, and these feelings can turn into anxiety. This support group will assist you in learning a variety of techniques to help reduce anxiety and the symptoms associated with it, all while feeling connected and supported in a safe, judgement-free environment.

NOVEMBER

College Survival Skills*:

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This Popular Workshop is Offered on the Following Dates:

Wednesday, November 7 at 2:00-3:15pm in Cohen Hall 257

Wednesday, November 28 at 11:00-12:15pm in Cohen Hall 257