



Student Affairs: Counseling Services - 2023 Fall

Health Promotion & Wellness • Workshops/Activities

Campus & Zoom (options to participate)



For more helpful information, scan the code to the left, by using the camera of your cell phone. The wellness workshops and/or activities will be held on campus and via Zoom, please see below and/or visit engage.life.edu for the Zoom link, location for each event and/or additional information.

Week 1		Topics
Oct 2, Mon.	Fall Quarter: CGUS & Student Affairs - Lobby/Atrium Welcome Back - Come Say Hello & Discover What's Happening	
Oct 4, Wed. 12 pm & 5:15 pm 12:30 pm	Circle of Hope (Campus & Zoom) Grief & Loss Support Parent 2 Parent (P2P) - Zoom Join other Life University students who are parents for "P2P" support.	
Oct 5, Thurs. 10:30 am - 12:30 pm	LIFE EVENT - Lyceum Park Welcome Back - Come Say Hello & Discover What's Happening This Fall	
Week 2		Topics
Oct 10, Tues. 10 am - 3 pm 7:00 pm	Consent Carnival - Campus Partners (Presented by Title IX) - Path of Heroes Join our campus partners as we learn more about Title IX in a fun and interactive way Higher Learning: Movie & Discussion Collaboration: Conflict Resolution & Accountability & Counseling Services	
Oct 11, Wed. 11 am - 1 pm 7:00 pm	Counseling & Disability Services - Open House Take a moment to tour our area while also learning more about services, enjoying food, fun and crafts! It's Condom Sense: Part I (Commons, Lyceum Hall) Relationships can be a beautiful experience; however, they also can be influenced by others in unhealthy ways, join us in the Commons (Lyceum Hall) to learn more about your relationship and love language.	
Oct 12, Thurs. 10am - 2pm	Know Your Status (RCCE Building, Safety Pin) Collaboration: Cobb Douglas Public Health - STI & HIV Screening	
Week 3		Topics
Oct 18, Wed. 12 pm & 5:15 pm 4:00 pm	Circle of Hope (Zoom) Grief & Loss Support Decisions: The Choice Is Yours If you are unable to decide or worry about the choice - join us as we talk about the "why".	
Oct 19, Thurs. 4:00 pm - 8:00 pm	The Big Event (Path of Heros) Fall Fest 2023 – Music, Food, Fun & Games	
Week 4		Topics
Oct 25, Wed. 4:00 pm 7:00 pm	Decisions: The Choice Is Yours If you are unable to decide or worry about the choice - join us as we talk about the "why". Hella Awkward - It's Condom Sense - Part II - For All Life U Students (Commons, Lyceum Hall) Relationships can be a beautiful experience; however, they also can be influenced by others in unhealthy ways, join us to learn more about your relationship and love language.	
Oct 26, Thurs. 12 Noon	Mental Health: Depression & ADHD Awareness Month - ESPYR Visit engage.life.edu to learn more (link to join) and increase your knowledge.	

FOR MORE INFORMATION CONTACT: VINCENT D. HINTON, DIRECTOR OF COUNSELING SERVICES - VINCENT.HINTON@LIFE.EDU
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 Student Affairs Counseling at 770.426.2725 or visit Engage - engage.life.edu

Week 5		Topics
Nov 1, Wed. 12 pm & 5:15 pm	Circle of Hope (Zoom Only) Grief & Loss Support	
12:30 pm	Decisions: The Choice Is Yours If you are unable to decide or worry about the choice - join us as we talk about the "why".	
Week 6		Topics
Nov 8, Wed. 12 Noon	Chat & Chew: Chess is Life (Free Food, CGUS – Nutrition Kitchen) Collaboration: Conflict Resolution & Accountability & Counseling Services	
1:00 pm	Decisions: The Choice Is Yours If you are unable to decide or worry about the choice - join us as we talk about the "why".	
2:00 pm	Imposter Syndrome Join us for a discussion around feeling as if everyone in the room belongs in here but me...as well as exploring how did "I" get "Here" and what that means for me.	
Week 7		Topics
Nov 14, Tues. 3 pm	Stress Management - The Impact as a Student Let's talk about the stressors of your life, how it impacts your day-to-day living and tools that can help!	
Nov 15, Wed. 12 pm & 5:15 pm	Circle of Hope (Zoom) Grief & Loss Support	
1:00 pm	Emotion Regulation & Tools to Support When your emotions become too much, and you don't know how to deal with everything at once.	
Week 8		Topics
Nov 20, Mon. 3:00 pm	Happy Hour & Addictions: Education & Understanding In life we may be faced with a difficult dilemma of having to make a choice. Join us for a conversation about what to do when - Happy Hour - is more than a casual opportunity to laugh and talk with friends.	
Nov 21, Tues. 3 pm	Managing Through the Holiday Season Join us as we explore strategies to manage our lives through the holiday season.	
Week 9		Topics
Nov 28, Tues. 11:00 am - 12:30 pm	Mix, Mingle & Grow (RCCE Building, Drop In) As we approach finals, join us for an interactive workshop that allows you to mix and mingle with other students, while gaining strategies that will help with various areas of life (<i>free refreshments</i>).	
2:00 pm	Imposter Syndrome Join us for a discussion around feeling as if everyone in the room belongs in here but me...as well as exploring how did "I" get "Here" and what that means for me.	
Nov 29, Wed. 12 pm & 5:15 pm	Circle of Hope (Zoom) Grief & Loss Support	
4:00 pm	Decisions: The Choice Is Yours If you are unable to decide or worry about the choice - join us as we talk about the "why".	
Nov 30, Thurs. 2:00 pm	Emotion Regulation & Tools to Support When your emotions become too much, and you don't know how to deal with everything at once.	
Week 10		Topics
Dec 4, Mon. 3:00 pm	Managing Through the Holiday Season Join us as we explore strategies to manage our lives through the holiday season.	
Dec 5, Tues. 2 pm	Mental Health: Addiction & Substance Abuse Let's talk about the symptoms, coping skills, and the campus/community resources that are available.	
Dec 6, Wed. 11:00 am & 4:00 pm	Stop Overthinking! (Repeated) Techniques to relieve stress, stop negative spirals, declutter your mind, and focus on the present!	