



# Student Affairs - Counseling Services

## 2023 Spring - Health Promotion & Wellness Workshops/Activities • Zoom *(interactive platform)*



*For more helpful information, scan the code to the left using the camera of your cell phone. All wellness workshops will be held via Zoom unless noted in the description; however, you can also join us in RCCE 104. Visit [engage.life.edu](http://engage.life.edu) to locate the online Zoom link for each event and additional information.*

Week 1	Topics
<b>April 5, Wed.</b> 12 pm  12:30 pm	<b>Circle of Hope</b> Grief & Loss Support  <b>Parent 2 Parent: P2P</b> - <i>(Weeks 1, 5, &amp; 9, via Zoom @ 12:30 pm)</i> Join other Life University students who are parents for "P2P" support.
Week 3	Topics
<b>April 17, Mon.</b> 4:00 pm	<b>Let's Talk: Stress Awareness Month</b> Let's talk about the stressors of your life and how it impacts your day to day living!
<b>April 18, Tues.</b> 4:00 pm	<b>Decisions: The Choice Is Yours</b> If you are unable to make a choice or worry about the choice - join us as we talk about why we do what we do.
<b>19, Wed.</b> 12 pm & 5:15 pm	<b>Circle of Hope</b> Grief & Loss Support
Week 4	Topics
<b>April 24, Mon.</b> 4:00 pm	<b>Let's Talk: Alcohol Awareness Month</b> Recognizing The Signs: Drugs, Sex, Alcohol - Don't Forget Consent!
<b>April 25, Tues.</b> 11:00 am  4:00 pm	<b>Mix, Mingle &amp; Grow - CGUS Building</b> 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.  <b>Decisions: The Choice Is Yours</b> If you are unable to make a choice or worry about the choice - join us as we talk about why we do what we do.
<b>April 26, Wed.</b> 12 Noon	<b>Alcohol Awareness Month</b> CGUS Atrium/Lobby - Tools & Tips
<b>April 27, Thurs.</b> 10:00 am	<b>Knowing Your Community</b> Exploring Community Resources
Week 5	Topics
<b>May 3, Wed.</b> 12 pm & 5:15 pm  12:30 pm	<b>Circle of Hope</b> Grief & Loss Support  <b>Parent 2 Parent: P2P</b> - <i>(Weeks 1, 5, &amp; 9, via Zoom)</i> Join other Life University students who are parents for "P2P" support.
<b>May 4, Thurs.</b> 10:00 am	<b>Financial Wellness</b> This workshop will explore the basics of understanding the value and importance of financial wellbeing.
Week 6	Topics
<b>May 8, Mon.</b> 12 Noon	<b>Mental Health Awareness Month</b> RCCE Lobby - Tools, Tips & Snacks <i>(Stress, Suicide, Mediation &amp; More)</i>
<b>May 10, Wed.</b> 12 Noon	<b>Mental Health Awareness Month</b> CGUS Lobby - Tools, Tips & Snacks <i>(Stress, Suicide, Mediation &amp; More)</i>

**FOR MORE INFORMATION CONTACT:**

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Student Affairs - Counseling at 770.426.2725 | visit Engage - [engage.life.edu](http://engage.life.edu) | [counseling@life.edu](mailto:counseling@life.edu)

Week 7		Topics
<b>May 16, Tues.</b> 3:00 pm	<b>Happy Hour: Education &amp; Understanding</b> 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.	
<b>May 17, Wed.</b> 12 pm & 5:15 pm	<b>Circle of Hope</b> Grief & Loss Support	
1:00 pm	<b>Knowing Your Community</b> Exploring Community Resources	
Week 8		Topics
<b>May 24, Wed.</b> 11am & 3pm	<b>Connection Is Self-Care</b> (11am & 3pm - repeat) Let's take some time to explore some self-care strategies as well as creating connections with others.	
4:00 pm	<b>Decisions: The Choice Is Yours</b> Let's start a conversation about our relationship with food, the unknown & the impact.	
<b>May 25, Thurs.</b> 11:00 am	<b>Stop Overthinking!</b> Techniques to relieve stress, stop negative spirals, declutter your mind, and focus on the present	
4:00 pm	<b>That's Not an Addiction - It's Just Something I Do</b> Each day people struggle with letting go of an addiction. In this workshop we will define addictions, develop an understanding of why it occurs, the value it brings to your life, warning signs, and ways to manage ( <i>tools</i> ).	
Week 9		Topics
<b>May 30, Tues.</b> 11:00 am	<b>Mix, Mingle &amp; Grow - RCCE Building - Room 104</b> 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.	
<b>May 31, Wed.</b> 12 pm & 5:15 pm	<b>Circle of Hope</b> Grief & Loss Support	
12:30 pm	<b>Parent 2 Parent: P2P - (Weeks 1, 5, &amp; 9, via Zoom)</b> Join other Life University students who are parents for "P2P" support.	
<b>June 1, Thurs.</b> 1:00 pm	<b>Financial Wellness</b> This workshop will explore the basics of understanding the value and importance of financial wellbeing.	
3:00 pm	<b>Decisions: The Choice Is Yours</b> If you are unable to make a choice or worry about the choice - join us as we talk about why we do what we do.	
Week 10		Topics
<b>June 5, Mon.</b> 3:00 pm	<b>Anxiety: Mind Over Matter</b> Let's take some time to learn some tools and techniques to support our well-being during stressful times.	
<b>June 6, Tues.</b> 4:00 pm	<b>Stop Overthinking!</b> Techniques to relieve stress, stop negative spirals, declutter your mind, and focus on the present	
<b>June 7, Wed.</b> 3:00 pm	<b>Going from 0 to 100%: An Intro to Anger Management and Helpful Tools to Use.</b> This workshop will review the basics of Anger Management, the Stages of Anger, and helpful tools and techniques to overcome the anger cycle.	
<b>June 8, Thurs.</b> 1 pm	<b>Seize the Awkward: Signs of Suicide - 988</b> This wellness workshop will focus on the signs related to suicide and the use of 988, for help/support.	

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