



Counseling Services

2022 Summer - Health Promotion & Wellness Workshops/Activities • Zoom



For more helpful information, scan the code to the left using the camera of your cell phone.
All wellness workshops and/or activities will be held via Zoom unless noted below in the description.
Visit engage.life.edu to locate the online Zoom link for each event and additional information.

Week 1	Topics
<p>July 13, Wed. 12 pm & 5:15 pm</p> <p>12:30 pm</p>	<p>Circle of Hope Grief & Loss Support</p> <p>Parent 2 Parent: P2P - (Weeks 1, 3, 5, 7 & 9, via Zoom @ 12:30 pm) Join other Life University students who are parents for "P2P" support.</p>
<p>July 14, Thurs. 1:30 pm</p> <p>2:30 pm</p>	<p>Let's Talk About Sex, Drugs, & Alcohol? Join the chat as we explore, discover, and talk about sex, drugs, alcohol, and the impact!</p> <p>Decisions: The Choice Is Yours If you're unable to make a choice or worry about the right one - let's talk the process.</p>
Week 3	Topics
<p>July 27, Wed. 12 pm & 5:15 pm</p>	<p>Circle of Hope Grief & Loss Support</p>
<p>July 28, Thurs. 3:00 pm</p>	<p>Happy Hour: 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.</p>
Week 4	Topics
<p>Aug 2, Tues. 11:30 am</p> <p>12:30 pm</p>	<p>Learning To Say "No" We can say "no" and not feel guilty and know it's okay; let's role play together!</p> <p>Anxiety: Tools & Strategies This workshop is designed to provide an overview of various forms of anxiety (<i>test, performance, general, etc.</i>) as well as share tools and strategies to help you manage and support your day-to-day activities.</p>
<p>Aug 4, Thurs. 4:00 pm</p>	<p>Decisions: The Choice Is Yours If you're unable to make a choice or worry about the right one - let's talk the process.</p>
Week 5	Topics
<p>Aug 10, Wed. 12 pm & 5:15 pm</p>	<p>Circle of Hope Grief & Loss Support</p>
<p>Aug 11, Thurs. 1:00 pm</p>	<p>The Conversations in My Head - Positive or Negative Self Talk What's are the conversations you have with yourself; do they hurt or help you?</p>
Week 6	Topics
<p>Aug 17, Wed. 3:00 pm</p>	<p>Personality: What's My Type? (Exploring ESPYR) Let's explore our personality - INFJ, ENFP, ENTJ, ISTJ - and discuss ways it can be helpful!</p>

FOR MORE INFORMATION CONTACT:

Vincent D. Hinton, Director of Counseling Services - vincent.hinton@life.edu
Student Affairs - Counseling at 770.426.2725 | visit Engage - engage.life.edu | counseling@life.edu

Week 7		Topics
Aug 23, Tues. 3:00 pm	Decisions: The Choice Is Yours If you're unable to make a choice or worry about the right one - let's talk the process.	
4:00 pm	Happy Hour: 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.	
Aug 24, Wed. 12 pm & 5:15 pm	Circle of Hope Grief & Loss Support	
2 pm	Self-Care: Taking Care of Me This workshop is designed to explore and identify what works best for you as well as the importance of taking "care" of "self".	
Week 8		Topics
Aug 30, Tues. 11am & 3pm	I Can't Stress This Enough <i>(repeated session)</i> Stress No More! Let's explore ways to gain new tools to support our well-being during stressful times.	
Aug 31, Wed. 12 pm & 4:00 pm	That's Not an Addiction - It's Just Something I Do <i>(repeated session)</i> 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 - Suicide Awareness Week
Sept 7, Wed. 12 pm & 5:15 pm	Circle of Hope Grief & Loss Support	
Sept 8, Thurs. 11 am <i>(CCE Building, near Rm 109)</i>	Mix, Mingle & Grow - Suicide Awareness & Prevention As we approach finals, join us for an opportunity to mix and mingle with other students, while gaining strategies that will help with various areas of life as well as gaining awareness around suicide.	
5:30 pm	Decisions: Understanding Suicide 1-800-273-TALK Let's talk about our options, our choices, our support - for self and others!	
Week 10		Topics
Sept 12, Mon. 3 pm	I Can't Stress This Enough Stress No More! Let's explore ways to gain new tools to support our well-being during stressful times.	
Sept 13, Tues. 11am & 4 pm	Mindfulness: Mind Over Matter This session will provide an opportunity for you to relax, relate and breathe.	
Sept 15, Thurs. 10 am	Express Yourself Are you in the mood to sketch, paint, doodle, color, listen to music and enjoy the benefits of creative expression? If yes, join us and allow your creativity to take control <i>(no experience necessary)</i> .	



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DIVISION OF STUDENT AFFAIRS

Need Help? We're Here!

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