



Student Affairs - Counseling Services

2023 Summer - 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 to locate the online Zoom link for each event and additional information.

Week 1		Topics
July 12, Wed. 12 Noon	Circle of Hope Grief & Loss Support	
12:30 pm	Parent 2 Parent: P2P - (Weeks 1, 5, & 9, via Zoom @ 12:30 pm) Join other Life University students who are parents for "P2P" support.	
Week 2		Topics
July 19, Wed. 12 pm	Wellness Wednesday: Stop Overthinking! Techniques to relieve stress, stop negative spirals, declutter your mind, and focus on the present	
July 20, Thurs. 4:00 pm	National Minority Mental Health Awareness Month Join Us for A Conversation	
Week 3		Topics
July 26, Wed. 12 Noon & 5:15 pm	Circle of Hope Grief & Loss Support	
July 27, Thurs. 2:00 pm	Going from 0 to 100%: An Intro to Anger Management and Helpful Tools to Use This workshop will review the basics of anger management, the stages of anger, and helpful tools and techniques to overcome the anger cycle.	
Week 4		Topics
July 31, Mon. 12 Noon	National Minority Mental Health Awareness Month Join Us for A Conversation	
Aug. 1, Tues. 11:00 am	Depression & Me Join the dialogue to learn more about depression, the signs, and strategies to support students.	
4:00 pm	Decisions: The Choice Is Yours 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.	
Aug. 3, Thurs. 3:00 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!	
Week 5		Topics
Aug 9, Wed. 12 Noon & 5:15 pm	Circle of Hope Grief & Loss Support	
12:30 pm	Parent 2 Parent: P2P - (Weeks 1, 5, & 9, via Zoom) Join other Life University students who are parents for "P2P" support.	
Aug 10, Thurs. 12 Noon	Financial Wellness This workshop will explore the basics of understanding the value and importance of financial wellbeing.	
Week 6		Topics
Aug 16, Wed. 12 Noon	Wellness Wednesday Tips, Tools & So Much More	

FOR MORE INFORMATION CONTACT:

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Stephanie Nelson-Theus, Counselor - Stephanie.Nelson-The@life.edu
Student Affairs - Counseling at 770.426.2725 | visit Engage - engage.life.edu | counseling@life.edu

Week 7		Topics
Aug 22, Tues. 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 23, Wed. 12 Noon & 5:15 pm	Circle of Hope Grief & Loss Support	
1:00 pm	Depression & Me Join the dialogue to learn more about depression, the signs, and strategies to support students!	
Week 8		Topics
Aug. 29, Tues. 12 Noon	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!	
Aug. 30, Wed. 11am & 3pm	Wellness Wednesday: Connection Is Self-Care (11am & 3pm - repeat) Let's take some time to explore some self-care strategies as well as creating connections with others.	
4:00 pm	Decisions: The Choice Is Yours Let's start a conversation about our relationship with food, the unknown & the impact.	
Week 9		Topics
Sept. 5, Tues. 11:00 am	Mix, Mingle & Grow - RCCE Building - Room 104 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.	
Sept. 6, Wed. 12 pm & 5:15 pm	Circle of Hope Grief & Loss Support	
12:30 pm	Parent 2 Parent: P2P - (Weeks 1, 5, & 9, via Zoom) Join other Life University students who are parents for "P2P" support.	
Sept. 7, Thurs. 2:00 pm	Financial Wellness This workshop will explore the basics of understanding the value and importance of financial wellbeing.	
3:00 pm	Decisions: The Choice Is Yours 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
Sept 11, Mon. 3:00 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!	
Sept 12, Tues. 1 pm	Mental Health: Addiction & Substance Abuse Let's talk about the symptoms, coping skills, and the campus/community resources that are available for you.	
Sept. 13, Wed. 4:00 pm	Wellness Wednesday: Stop Overthinking! Techniques to relieve stress, stop negative spirals, declutter your mind, and focus on the present!	
Sept 14, Thurs. 3:00 pm	Going from 0 to 100%: An Intro to Anger Management and Helpful Tools to Use This workshop will review the basics of anger management, the stages of anger, and helpful tools and techniques to overcome the anger cycle.	

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