




Student Affairs - Counseling Services

2023 Winter - 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 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
Jan. 11, Wed. 12 pm 12:30 pm	Circle of Hope Grief & Loss Support 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 3	Topics
Jan. 24, Wed. 5:00 pm	Unpacking My Stuff This wellness workshop is designed to be a reflective process exercise, exploring self and the Life U community. Be prepared for it's designed to be part interactive, part personal development, part fun. We look forward to you joining us via Zoom or in RCCE 104.
Jan. 25, Thurs. 12 pm & 5:15 pm	Circle of Hope Grief & Loss Support
Week 4	Topics
Jan. 31, Tues. 4:30 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.
Feb. 2, Thurs. 11:00 am	.Mix, Mingle & Grow - CGUS Building 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.
Week 5	Topics
Feb. 8, Wed. 12 pm & 5:15 pm 12:30 pm	Circle of Hope Grief & Loss Support Parent 2 Parent: P2P - (Weeks 1, 5, & 9, via Zoom) Join other Life University students who are parents for "P2P" support.
Feb. 9, Thurs. 3:00 pm 4:00 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. Black History Month: Understanding & Exploring Minority Mental Health Join the group as we explore and gain understanding regarding the myths/ truths with mental health.
Week 6	Topics
Feb. 13th - 16th 	Healthy Happy Heart Week - Visit: engage.life.edu Monday morning (Hugs, Kisses & Wishes @ 11 am - CGUS Lobby) Monday evening (Hella Awkward @ 7pm - Lyceum Dining Hall - Commons - Healthy Sexual Relationships) Tuesday (Real Life Real Relationships: A Personal Journey @ 4:00 pm, via Zoom) Wednesday (Love Language @ 12 Noon, via Zoom) Thursday (My Body My Choice, 5:30 pm - Lyceum Dining Hall - Presented by Cobb/Douglas Public Health) ACTIVITIES OPEN TO ALL LIFE UNIVERSITY STUDENTS - FREE FOOD & DOOR PRIZES

FOR MORE INFORMATION CONTACT:

Vincent D. Hinton, Director of Counseling Services - vincent.hinton@life.edu
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
Feb. 21, Tues. 3:00 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.	
Feb. 22, Wed. 12 pm & 5:15 pm	Circle of Hope Grief & Loss Support	
4 pm	Unpacking My Stuff This wellness workshop is designed to be a reflective process exercise, exploring self and the Life U community. Be prepared for it's designed to be part interactive, part personal development, part fun. We look forward to you joining us via Zoom or in RCCE 104.	
Feb. 23, Thurs 4:00 pm	Black History Month: Mental Health & The Black Church Join the group as we gain understanding and explore the cross section of mental health and the Black Church.	
Week 8		Topics
March 1, Wed. 11am & 3pm	I Can't Stress This Enough (11am & 3pm - repeat) Let's take some time to learn some tools and techniques to support our well-being during stressful times.	
4:00 pm	Decisions: The Choice Is Yours - National Eating Disorders Week Let's start a conversation about our relationship with food, the unknown & the impact.	
March 2, Thurs. 11:00 am	Creative Expression 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>).	
4:00 pm	That's Not an Addiction - It's Just Something I Do 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
March 8, 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.	
March 9, Thurs. 11 am	Mix, Mingle & Grow - RCCE Building 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.	
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
March 13, Mon. 3 pm	I Can't Stress This Enough Let's take some time to learn some tools and techniques to support our well-being during stressful times.	
March 14, Tues. 11:30 am & 4 pm	Learning To Say "No" Learning to say "no" is an artform that many may find challenging. Join us as we explore the reasons one might considering saying "no" while also reducing any potential guilt associated in the process. This session is part interactive, part personal development and part fun.	
March 15, Wed. 3 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.	
March 17, Fri. 1 pm	Sleep Awareness Week: Acknowledging My Habits & Planning for New Self-Care: The Impact of Sleep (<i>Taking Care of My Needs</i>)	

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