



# Student Affairs - Counseling Services

## 2024 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 will be held via Zoom unless noted in the description; however, you can also join us in RCCE 104. Visit [engage.life.edu](https://engage.life.edu) to locate the online Zoom link for each event and additional information.*

Week 1	Topics
<b>Jan. 10, Wed.</b> 12 Noon & 5:15 pm  12:30 pm  <b>Jan. 11, Thurs.</b> 11:00 am – 1:00 pm	<b>Circle of Hope</b> Grief & Loss Support  <b>Parent 2 Parent: P2P</b> Join other Life University students who are parents for “P2P” support.  <b>LIFE U EVENT DAY – Club Day</b> SHS – Main Gym
Week 3	
<b>Jan. 18, Thurs.</b> 11:00 am  <b>Jan. 17, Wed.</b> 12 Noon & 5:15 pm	<b>Mental Health Awareness &amp; SABCA - RCCE 108</b> Join Us for A Conversation  <b>Circle of Hope</b> Grief & Loss Support
Week 4	Topics
<b>Jan. 30, Tues.</b> 4:00 pm  <b>Jan. 31, Wed.</b> 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.  <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.
Week 5	Topics
<b>Feb. 7, Wed.</b> 12 Noon & 5:15 pm  <b>Feb. 8, Thurs.</b> 12 Noon  4:00 pm	<b>Circle of Hope</b> Grief & Loss Support  <b>Emotion Regulation &amp; Tools to Support</b> When your emotions become too much, and you don't know how to deal with everything at once.  <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.
Week 6	Topics – Healthy Happy Heart Week   February 12 – 15, 2024
<b>Feb. 12<sup>th</sup> - 15<sup>th</sup></b> Monday - Thursday	<b>Join Counseling Services &amp; Student Belonging, along with our Campus Partners</b> <b>Monday (AM)</b>   Hugs, Kisses & Meaningful Wishes   CGUS Lobby & Campus <b>Monday (PM)</b>   Joy, Kindness, Self-Care & Self-Love   Commons Lobby & Dining Hall <b>Tuesday</b>   Mardi Gras Style   Right Choices   Being Responsible   Commons ( <i>Chartwells/Dining Services</i> ) <b>Wednesday</b>   Love In Every Language   RCCE Lobby <b>Thursday</b>   Fitness Just For You ( <i>Life U Fitness Class   1:00 pm Yoga &amp; 5:00 pm Spin</i> ) <b>For More Information, Visit: <a href="https://engage.life.edu">engage.life.edu</a></b>

### FOR MORE INFORMATION CONTACT:

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

Week 7		Topics
<b>Feb. 20, Tues.</b> 4:00 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>Feb. 21, Wed.</b> 12 Noon & 5:15 pm	<b>Circle of Hope</b> Grief & Loss Support	
<b>Feb. 22, Thursday</b> 12 Noon (CGUS)	<b>Honoring Black History Month – Mental Health: Overcoming the Stigma in the Community</b> <b>SABCA &amp; Counseling Services   CGUS Nutrition Demonstration Kitchen   Free Lunch (first 25 students)</b>	
12 Noon (online)	<b>Depression &amp; Me (online)</b> Join the dialogue to learn more about depression, the signs, and strategies to support students!	
4:00 pm	<b>Mental Health: Addiction &amp; Substance Abuse</b> Let's talk about the symptoms, coping skills, and the campus/community resources that are available for you.	
Week 8		Topics
<b>Feb. 27, 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>Feb. 29, Thurs.</b> 12 Noon	<b>Depression &amp; Me</b> Join the dialogue to learn more about depression, the signs, and strategies to support students!	
4:00 pm	<b>Imposter Syndrome</b> Join us for a discussion around feeling as if everyone in the room belongs here but me...as well as exploring how did "I" get "Here" and what that means for me.	
Week 9		Topics
<b>Mar. 5, 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>Mar. 6, Wed.</b> 12 Noon & 5:15 pm	<b>Circle of Hope</b> Grief & Loss Support	
Week 10		Topics
<b>Mar. 12, Tues.</b> 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.	
<b>Mar. 14, Thurs.</b> 12 Noon	<b>Mental Health: Addiction &amp; Substance Abuse</b> Let's talk about the symptoms, coping skills, and the campus/community resources that are available for you.	
4:00 pm	<b>Finding Balance: School, Work, Life &amp; Family</b> This workshop will focus on ways to find balance, when life, school and stress interrupts your normal routine.	

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