

Student Success Center Counseling 2021 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 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.*

Wednesday Morning Meditation • 9:00 - 9:15 am Zoom Meeting ID - 502129485

Week 1	Topics
July 14, Wed. 12 pm & 5:15 pm 12:30 pm	Circle of Hope Grief & Loss Support Parent 2 Parent (P2P) Join other Life University students who are parents for “P2P” support.
Week 2	Topics
July 20, Tues. 3:00 pm 4:00 pm	Self-Care: Putting Me First Join us as we learn the importance of taking care of you – tools and techniques. 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.
July 21, Wed. 1:00 pm	Wellness Wednesday: Creative Strategies For My Toolbox
July 22, Thurs. 2:00 pm	College Life: Is It Just Parties, Relationships, Sex, Drugs, & Alcohol? Join the chat and let’s explore, discover what college life means to you!
Week 3	Topics
July 27, Tues. CGUS 11:30 am	Awareness Table: Awareness Month Activities – Minority Mental Health Awareness Join Us – CGUS Atrium/Lobby, Near Classroom 140
July 28, Wed. 12 pm & 5:15 pm 12:30 pm	Circle of Hope Grief & Loss Support Parent 2 Parent (P2P) Join other Life University students who are parents for “P2P” support.
July 29, Thurs. 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.
Week 4	Topics
Aug. 3, Tues. 11:00 am 3:00 pm	I Can’t Stress This Enough (<i>Academic Support & Counseling – CGUS 218 & Online</i>) Let’s take some time to learn some tools and techniques to support our well-being during stressful times. Anxiety: Mind Over Matter 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.
Aug. 4, Wed. 2:00 pm 5:30 pm	Wellness Wednesday: Social Anxiety: Coping Skills To Help 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 5		Topics
Aug. 11, Wed. 12 pm & 5:15 pm	<p>Circle of Hope Grief & Loss Support</p>	
12:30 pm	<p>Parent 2 Parent (P2P) Join other Life University students who are parents for “P2P” support.</p>	
Aug. 12, Thurs. 12 Noon	<p>What’s Happening! The Weekend Is Here - Finding Peace In The City What hidden gems in the city bring you the greatest peace and joy?</p>	
Week 6		Topics
Aug. 18, Wed. 3:00 pm	<p>Wellness Wednesday: Meditation: What Works Best For Me</p>	
Week 7		Topics
Aug. 24, Tues. 3:00 pm	<p>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.</p>	
4:00 pm	<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>	
Aug. 25, Wed. 12 pm & 5:15 pm	<p>Circle of Hope Grief & Loss Support</p>	
12:30 pm	<p>Parent 2 Parent (P2P) Join other Life University students who are parents for “P2P” support.</p>	
2 pm	<p>Anxiety: Where Do We Start? 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>	
Week 8		Topics
Aug. 30, Mon. 12 Noon <i>Meeting ID:</i> 925 8243 3129 <i>Pass:</i> 593526	<p>Love Languages – (Global Voices & Counseling – 12 Noon) Join us for an engaging conversation as we discover our “Love Language”</p>	
4 pm	<p>That’s Not an Addiction - It’s Just Something I Do (4:00 pm) 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>).</p>	
Aug. 31, Tues. 11:00 am & 3:00 pm	<p>I Can’t Stress This Enough (Academic Support & Counseling – CGUS 218 & Online - Zoom) Let’s take some time to learn some tools and techniques to support our well-being during stressful times.</p>	
Sept. 1, Wed. 11:00 am	<p>Wellness Wednesday: Self-Care: Me, Myself & I (Taking Care of My Needs)</p>	
Week 9		Topics
Sept. 8, Wed. 12 pm & 5:15 pm	<p>Circle of Hope Grief & Loss Support</p>	
12:30 pm	<p>Parent 2 Parent (P2P) Join other Life University students who are parents for “P2P” support.</p>	
Sept. 9, Thurs. 11 am	<p>Mix, Mingle & Grow 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.</p>	
3:00 pm	<p>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.</p>	

Week 10	Topics
Sept. 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.
Sept. 14, Tues. 4 pm	M&M: Mindfulness & Meditation This session will awaken your current experience as we explore mindfulness and meditation.
Sept. 15, Wed. 2 pm	Wellness Wednesday: Social Anxiety: Coping Skills To Help
Sept 16, Thurs. 1 pm	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>).

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WELLNESS WEDNESDAY

Week 2: Wednesday, July 21st @ 1:00 pm
Creative Strategies For My Toolbox

Week 4: Wednesday, August 4th @ 2:00 pm
Social Anxiety: Coping Skills To Help

Week 6: Wednesday, August 18th @ 3:00 pm
Meditation: What Works Best For ME

Week 8: Wednesday, September 1st @ 11:00 am
Self-Care: Me, Myself & I (*Taking Care of My Needs*)

Week 10: Wednesday, September 15th @ 2:00 pm
Social Anxiety: Coping Skills To Help

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