



Student Affairs: Counseling - 2021 Fall

Health Promotion & Wellness • Workshops/Activities

Campus & Zoom *(interactive platform)*



For more helpful information, scan the code to the left, by 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 Zoom link, location for each event and/or additional information.

“Enter The Zone” Wednesday Weekly Morning Meditation
9:00 - 9:15 am • Zoom Meeting ID - 864 396 5739

Food for Thought Friday (Oct. 15th - Oct. 29th - Nov. 12th - Dec. 10th)

Week 1	Topics
Oct 6, 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.
Oct 7, Thurs. 10:30 am - 12:30 pm	LIFE EVENT - Lyceum Park Welcome Back - Come Say Hello & Discover What’s Happening This Fall
Oct 8, Fri. 12 Noon	Mental Health Awareness Day – Saturday, October 10th <i>(Campus Observation, Friday, Oct 8th)</i> Join the campus in observing this day - CGUS Atrium/Lobby
Week 2	Topics
Oct 11, Mon. 12 Noon	Meet Your Counselors CCE Building - Atrium/Lobby
Oct 12, Tues. 3 pm 4 pm	Decisions: The Choice Is Yours If you are unable to decide or worry about the choice - join us as we talk about the “why”. Love is Love: Relationships (Domestic Violence Awareness Month - Title IX & Counseling) We all need each other; yet relationships can be challenging. Learn to strengthen yours with a few tools.
Oct 13, Wed. 12 Noon	Self-Care: It’s About Me Join us as we learn the importance of taking care of you – tools and techniques.
Oct 15, Fri. 10 am 1:30 pm	Food for Thought Friday We will acknowledge, begin to unpack, and discuss your probing questions <i>(providing tools and strategies)</i> . Adulting 101 The transition to college can be overwhelming, let’s talk about ways to support your well-being.
Week 3	Topics
Oct 19, Tues. 12 Noon 4 pm	Lunch & Learn: Title IX (Team Support- Counseling) Join us in CGUS 139 <i>(the Nutrition Lab next to Socrates)</i> as we promote healthy relationships. That’s Not an Addiction - It’s Just Something I Do Many 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, the signs, and ways to manage <i>(tools)</i> .
Oct 20, 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.

FOR MORE INFORMATION CONTACT: VINCENT D. HINTON, DIRECTOR OF COUNSELING - VINCENT.HINTON@LIFE.EDU
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Oct 20, Wed 2 pm	M&M: Mindfulness & Meditation This session will awaken your current experience as we explore mindfulness and meditation.
Oct 21, Thurs. 1:00 pm	Recognizing My Feelings (National Depression Screening Awareness Month) Over the past few months, things have changed. Let's talk about what that means.
4 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
Oct 25, Mon. 12 Noon	Love is Love: Relationships (LGBT History Month Awareness) We all need each other; yet relationships can be challenging. Let's gain new tools while learning history.
Oct 26, Tues. 3 pm	Exploring Me: Who Am I? Let's take some time to explore the layers of self, as we live, learn, love, laugh and grow.
Oct 27, Wed. 2 pm	Decisions: The Choice Is Yours If you are unable to decide or worry about the choice - join us as we talk about the "why".
Oct 29, Fri. 12 Noon	Food for Thought Friday We will acknowledge, begin to unpack, and discuss your probing questions (<i>providing tools and strategies</i>).
Week 5	Topics
Nov 1, Mon. 3 pm	Self-Care: It's About Me Join us as we learn the importance of taking care of you – tools and techniques.
Nov 3, Wed. 12 pm & 5:15 pm	Circle of Hope Grief & Loss Support
12:30 pm	Parent 2 Parent (P2P) Join other Life University students who are parents for "P2P" support.
Week 6	Topics
Nov 12, Fri. 2 pm	Food for Thought Friday We will acknowledge, begin to unpack, and discuss your probing questions (<i>providing tools and strategies</i>).
Week 7	Topics
Nov 16, Tues. 2 pm	Decisions: The Choice Is Yours If you are unable to decide or worry about the choice - join us as we talk about the "why".
4 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.
Nov 17, Wed. 12 pm & 5:15 pm	Circle of Hope Grief & Loss Support
3 pm	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.
12:30 pm	Parent 2 Parent (P2P) Join other Life University students who are parents for "P2P" support.
Week 8	Topics
Nov 23, Tues. 2 pm	Exploring Me: Who Am I? Let's take some time to learn more about self, to live, learn and grow.
3 pm	That's Not an Addiction - It's Just Something I Do Many 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, the signs, and ways to manage (<i>tools</i>).
Week 9	Topics
Dec 1, Wed. 12 pm & 5:15 pm	Circle of Hope Grief & Loss Support

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12:30 pm	Parent 2 Parent (P2P) Join other Life University students who are parents for "P2P" support.
Dec 2, Thurs. 11 am	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.
5 pm	Decisions: The Choice Is Yours If you are unable to decide or worry about the choice - join us as we talk about the "why".
Week 10 Topics	
Dec 7, Tues. 2 pm	Managing Through the Holidays Join us on as we explore strategies to manage our lives through the holiday season.
4 pm	Express My Stress Our time will focus on possible causes and reactions of normal routines that may be stressful or anxiety producing and the use of apps to help monitor, reduce and better manage stressful moments.
Dec 9, Thurs. 2 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>).
Dec 10, Fri. 1 pm	Food for Thought Friday We will acknowledge, begin to unpack, and discuss your probing questions (<i>providing tools and strategies</i>).

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JOIN US ON A FRIDAY - FOOD FOR THOUGHT
Week 2: Oct. 15th @ 11:00 am • Week 4: Oct. 29th @ 12 Noon
Week 6: Nov. 12th @ 2:00 pm • Week 10: Dec. 10th @ 1:00 pm