



Counseling Services

2022 Spring - 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.

Wellness Wednesday (Weeks: 2, 5, 6, 8, & 10)

Updated 04/12/2022

Week 1	Topics
<p>April 6, Wed. 12 pm & 5:15 pm</p> <p>12:30 pm</p>	<p>Circle of Hope Grief & Loss Support</p> <p>Parent 2 Parent: P2P - (Weeks 1, 3, 5, 7 & 9, via Zoom @ 12:30 pm) Join other Life University students who are parents for "P2P" support.</p>
<p>April 7, Thurs. 11:30 am</p>	<p>Alcohol Awareness Month & National Screening Day LIFE Event - SHS Gym</p>
Week 2	Topics
<p>April 12, Tues. 3:00 pm</p>	<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>
<p>April 13, Wed. 1:00 pm</p>	<p>Wellness Wednesday: Stress Awareness Month - I Can't Stress This Enough Creative Strategies for My Toolbox</p>
<p>April 14, Thurs. 3:00 pm</p>	<p>Let's Talk About Sex, Drugs, & Alcohol? Join the chat as we explore, discover and talk about sex, drugs, alcohol and the impact!</p>
Week 3	Topics
<p>April 20, Wed. 12 pm & 5:15 pm</p>	<p>Circle of Hope Grief & Loss Support</p>
<p>April 21, Thurs. 3:00 pm</p>	<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>
Week 4	Topics
<p>April 26, Tues. 11:00 am</p> <p>12 Noon</p>	<p>Learning To Say "No" We can say "no" and not feel guilty and know it's okay; let's role play together!</p> <p>Anxiety: Mind Over Matter This workshop is designed to provide an overview of various forms of anxiety (test, performance, general, etc.) as well as share tools and strategies to help you manage and support your day-to-day activities.</p>
<p>April 28, Thurs. 4:30 pm</p>	<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 5	Topics
<p>May 4, Wed. 12 pm & 5:15 pm</p>	<p>Circle of Hope Grief & Loss Support</p>
<p>May 4, Wed. 1:00 pm</p>	<p>Wellness Wednesday: What's My Personality Personality: INFJ, ENFP, ENTJ, ISTJ – Let's find out and discuss ways it can be helpful!</p>

FOR MORE INFORMATION CONTACT:

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Student Affairs - Counseling at 770.426.2725 | visit Engage - engage.life.edu | counseling@life.edu

Week 6		Topics
May 11, Wed. 3:00 pm	Wellness Wednesday: National Anxiety & Depression Awareness Week (Exploring ESPYR) Let's have a honest conversation about anxiety and depression while exploring appropriate tools!	
Week 7		Topics
May 17, Tues. 3:00 pm	Decisions: The Choice Is Yours - Letting Go If you are unable to make a choice or worry about the choice - let's talk about it and ways to let go.	
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.	
May 18, Wed. 12 pm & 5:15 pm	Circle of Hope Grief & Loss Support	
2 pm	Self-Care: Taking Care of Me This workshop is designed to explore and identify what works best for you as well as the importance of taking "care" of "self".	
Week 8		Topics
May 24, Tues. 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.	
May 25, Wed. 11:00 am	Wellness Wednesday: National Prevention Week There are many ways to define prevention. What's your definition? What strategies are beneficial?	
4:00 pm	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>).	
Week 9		Topics
June 1, Wed. 12 pm & 5:15 pm	Circle of Hope Grief & Loss Support	
June 2, Thurs. 11 am <i>(CCE Building, near Rm 109)</i>	Mix, Mingle & Grow - Creating A Sense of Belonging 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
June 6, 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.	
June 7, Tues. 11am & 4 pm	M&M: Mindfulness & Meditation This session will provide an opportunity for you to relax, relate and breathe.	
June 8, Wed. 2 pm & 5 pm	Wellness Wednesday: Allowing Allowing: The ability to accept and give myself permission while also creating health boundaries	
June 9, Thurs. 10 am	Creative Expression - Celebrating Diversity 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>).	



Need Help? We're Here!

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