

# STUDENT HEALTH SERVICES

## 2024 Spring Semester / Upcoming Events

Click on titles for more info!

February 20th -23rd

**Welcome to Your Well-Being**

March 11th - 15th

**Empower Yourself Week**

March 25th- 29th

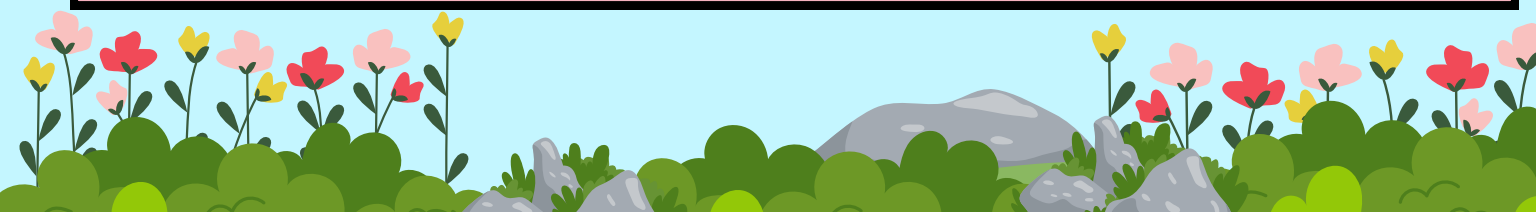
**Warrior Wellness Week**

April 22th - 26th

**Mental Health Action Week**

May 27th - 31st

**De-Stress For Finals**



# WELCOME TO YOUR WELL-BEING

Click on titles for more info!

February 20th- 23rd

TUES  
20TH

## Student Health Center Open House

Experience a new era of healthcare as we unveil our modern and welcoming Student Health Center designed with your well-being in mind.

@ 9:00AM - 12:00PM

## “Pawsitive” Connections: Therapy Dogs

Discover the Transformative Power of Four-Legged Companions. Learn the Art of De-Stressing, Comfort, and Connection through the “Pawsitive” Energy of Therapy Animals. @ 11:00AM - 1:00PM

WED  
21ST

## Is Therapy Your Vibe?

Ever wondered about therapy and whether it would be helpful for you? Attend this Q&A to learn about our services and to ask any questions about therapy and what services are available to you!

@ 1:00PM - 2:00PM

THUR  
22ND

# RELATIONSHIP SERIES

Click on titles for more info!

**From 12pm - 1pm**



## Love & Sorry

Find out more about love and apology language!

**Feb 26th & Mar 4th**

## Ghosting in Modern Relationships

Learn how to improve communication at the end of any relationship.

**Mar 11th & 18th**

## Attachments Styles

Join us for an enlightening workshop that delves into the intricate world of attachment styles in relationships.

**Mar 15th & Apr 1st**

## The Power of Boundaries

Learn why boundaries are crucial, how to set them up and see through them.

**Apr 15th & 22nd**

## Fear of Missing Out

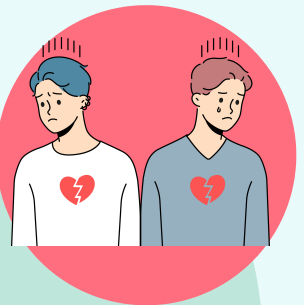
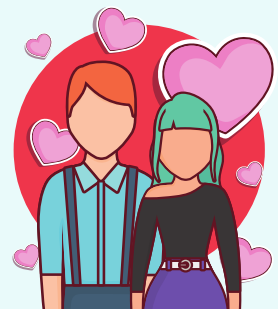
Explore how FOMO impacts relationships and personal well-being, including the tendency to compare yourself to others.

**Apr 29th & May 6th**

## Friend Breakups

Learn to navigate the complexities of friend breakups. Explore the emotional landscape of ending friendships, coping strategies, and gain tools to foster personal growth.

**May 13th & 20th**



# EMPOWER yourself Weekly Workshops

Click on titles  
for more info!

**STARTS  
MAR 11  
1pm - 2pm**

## MINDFUL MONDAYS

A weekly workshop designed to restore and heal your mind, cultivate awareness, kindness, compassion & joy. Come practice mindfulness exercises, learn about mindfulness-related concepts, and listen to a guided meditation.

Every Monday through May 27th!

## OVERCOMING ANXIETY & DEPRESSION

Learn how to recognize symptoms and use effective coping strategies, such as helpful thinking patterns, mindfulness, healthy behaviors, and improved social relationships.

Every Tuesday through May 28th!

**STARTS  
MAR 12  
1pm - 2pm**

## "PAWSITIVE" CONNECTIONS: THERAPY DOGS

Join this monthly workshop to discover the transformative power of four-legged companions. Learn the Art of De-Stressing, Comfort, and Connection through the Paw-sitive Energy of Therapy Animals.

Stop by the New Health Center on 3/13, 4/24, 5/29

**MAR  
13  
11am - 1pm**

## SELF-CARE SERIES 3.0

Join our transformative workshop series, where we guide you through the essential pillars of self-care. Explore the depths of emotional well-being, cultivate physical vitality, and enrich your social connections.

Emotional Self-Care on 3/13, Physical Self-Care 4/24, Social Self-Care 5/23

**MAR  
13  
1pm - 2pm**

## ANGER MANAGEMENT SERIES

This workshop series is designed to empower you with effective tools for understanding and managing anger. Explore the roots of anger, learn healthy coping mechanisms, and develop communication skills to navigate situations.

Thursdays: 3/14, 3/21, 3/28, 4/4, 4/18, 4/25

**MAR  
14  
1pm - 2pm**

# WARRIOR WELLNESS WEEK

Click on titles  
for more info!

**MAR  
25**

## STOP SMOKING TO BREATHE & LIVE WELL!

Learn about the impact of tobacco-related products on our minds, bodies, and the environment.

**2pm- 3pm**

**MAR  
26**

## PROTECT YOUR PRIVATES

From self-exams to screenings to preventative vaccines/medications, come and learn more about the steps you can take to protect yourself!

**12pm- 1pm**

**MAR  
27**

## WARRIOR WELLNESS HEALTH FAIR

This event is designed to empower students to prioritize their health and well-being by getting to know more about community resources available to you.

**10am -2pm**

**MAR  
27**

## HEADACHE HURDLES: NAVIGATING RELIEF AND WELLNESS

Join to learn about different types of headaches, available home treatments, and when to see a provider.

**11am -12pm**

**MAR  
28**

## BIRTH CONTROL CHOICES FOR A HEALTHIER TOMORROW

Whether you're considering birth control for the first time or looking to explore different methods, this workshop will equip you with the tools and understanding to confidently navigate your choices.

**1pm-2pm**



# MENTAL HEALTH ACTION WEEK

Click on titles  
for more info!

**APR  
23**

## FINDING BALANCE WORKSHOP

Join this transformative workshop designed for college students, where we'll explore strategies and techniques to harmoniously balance your academic pursuits with the demands of life and mental wellness.

**12pm - 1pm**

## PHYSICAL SELF-CARE

Prioritizing physical self-care is crucial for maintaining optimal health, energy, and overall quality of life. Join in for an empowering workshop of self-discovery, movement, and leave with a renewed sense of vitality.

**1pm - 2pm**

**APR  
24**

**APR  
25**

## "PAWSITIVE" CONNECTIONS: DE-STRESS WITH THERAPY DOGS

Join this monthly workshop to discover the transformative power of four-legged companions. Learn the Art of De-Stressing, Comfort, and Connection through the Paw-sitive Energy of Therapy Animals.

**11am - 1pm**

## SUICIDE AWARENESS & PREVENTION

Join this workshop to discuss risk factors for suicide and how to help a friend.

**2pm - 3pm**

**APR  
25**

# DE-STRESS FOR FINALS

## MAY

Click on titles for more info!

27

### **Mindful Monday**

Come practice mindfulness exercises, learn about mindfulness-related concepts, and listen to a guided meditation to help you stay focused on finals.

1pm-2pm

27

### **Brush Away Stress with Pottery Painting!**

Discover the therapeutic world of pottery painting as a means to nurture your mental well-being and unleash your creativity.

11:30am - 12:30pm

28

### **Overcoming Anxiety and Depression: A Path to Well-Being**

Learn how to recognize symptoms and use effective coping strategies, such as helpful thinking patterns, mindfulness, healthy behaviors, and improved social relationships.

1pm- 2pm

29

### **Pawsitive Connections: De-Stress with Therapy Dogs**

Discover the Transformative Power of Four-Legged Companions. Learn the Art of De-Stressing, Comfort, and Connection through the “Pawsitive” Energy of Therapy Animals.

11am-1pm

30

### **Scoop Away Stress**

Introducing “Scoop Away Stress”, a delightful and soothing event designed to melt away your worries and sweeten your spirits with some frozen treats! (While Supplies Last)

12pm-1pm