



Spring 2025 Workshops



Workshops will be @ Student Health Center

MINDFUL MONDAYS

Mondays From March 2nd – June 2nd @ 1:00PM–2:00PM

POSITIVE PAWS

March 4th, April 2nd, May 8th & June 4th @ 11:00AM– 1:00PM

ANGER MANAGEMENT WORKSHOP

***March 6th & March 20th *April 3rd * May 1st & May 15th
@ 1:00PM–2:00PM**

DECOMPRESS WITH ART

Every Tuesday from March 10th– June 3rd @ 12pm–1pm

JOURNALING FOR SELF-REFLECTION

Every Tuesday from March 11th – June 3rd @1pm– 2pm

WELLNESS FACTOR 101

***March 13th & 25th *April 8th & 22nd *May 6th & 20th *June 3rd
@ 12:00PM–1:00PM in the Social Justice Center**

A GRIEF & LOSS HEALING CIRCLE

**Every other Thursday Starting March 13th – June 5th
@ 2:00PM–3:00PM**

