

# COUNSELING & WELLNESS SERVICES

## LIVING WELL WORKSHOP SCHEDULE

### SPRING 2010

#### Stress and Time Management

Participants will learn to increase awareness, knowledge, and skills associated with time and stress management.

**JANUARY 20**

**1:00 P.M. —2:00 P.M.**

**COMMONS ROOM 272**

#### Anger Management

Managing anger more effectively can help you be heard in a more accepting way instead of being judged when you express your viewpoint.

**JANUARY 27**

**2:30—3:30 P.M.**

**COMMONS ROOM 272**

#### Building Better Romantic Relationships

This workshop is designed to teach you about love relationships that can last a lifetime. Come join us as we demystify love and good relationships and give you the tools to build better ones.

**FEBRUARY 9**

**4:00—5:00 P.M.**

**COMMONS ROOM 272**

#### Condom Bingo

Let's talk about sex! Come play Condom Bingo. Learn great information and win prizes. Take home information for future reference and condoms will be provided.

**FEBRUARY 18**

**1:00—2:00 P.M.**

**COMMONS ROOM 272**

#### Stress and Time Management

Participants will learn to increase awareness, knowledge, and skills associated with time and stress management.

**FEBRUARY 24**

**2:30—3:30 P.M.**

**COMMONS ROOM 272**

#### Body Image: Loving Yourself Inside and Out

This workshop is intended to create discussion about body image and the struggles that we face with having positive relationships with our bodies. We will address some myths and facts regarding body image and talk about how the media often plays into creating some of these myths. We will also reflect on how your image of your body affects your self-esteem and confidence.

**FEBRUARY 25**

**1:00—2:00 P.M.**

**COMMONS ROOM 272**

#### Spring Break Jeopardy

Safe Spring Break Jeopardy is a fun interactive game where you will learn useful tips for an enjoyable and safe spring break. Students will answer trivia questions about sexual health, sexual assault, alcohol, and other spring break related topics. Come play, have fun, and win prizes!

**MARCH 2**

**4:00—5:00 P.M.**

**COMMONS ROOM 272**

#### Making Sense of Depression

Learn to clearly define and identify symptoms/triggers of depression; and dispel myths associated with this.

**MARCH 23**

**1:00—2:00 P.M.**

**COMMONS ROOM 272**

#### Cross Cultural Dating

Enhance the process of cross-cultural dating in ways that increase communication and relating which should help reduce arguments and resentments.

**MARCH 30**

**1:00—2:00 P.M.**

**COMMONS ROOM 272**