Enhancing Your Motivation (2-workshop series)
Led by Eva Kram, Psy.D. / 1st run on Thu, Sep 23rd & 30th @ 11am; 2nd run on Thu Oct 14th & 21st @ 11am
• Identify personal factors that will improve your academic motivation.
• Learn helpful tips and strategies that you can apply throughout your education experience.

Healthy Communication and Boundary Setting
Led by Alejandro Aguirre, LMFT / offered on Fri Sep 24th @ 10am, Wed Oct 6th @ 2pm
• An open discussion to explore healthy communication styles and strategies around setting healthy boundaries.
• Explore the process of recognizing and implementing healthy boundaries.

Improve Your Friendships and Beat Loneliness
Led by Mimi Hoang, Ph.D. / offered on Fri Sep 17th @ 10am, Tue Sep 21st @ 5pm, and Wed Sep 29th @ 2pm
• Gain a better understanding of your friendship landscape and what may be missing in your social life.
• Beat isolation, improve your social skills, and learn how to connect with others during this COVID era.

Navigating Conversations about Mental Health within Families and Cultures
Led by Mel Mazmanyian, Ph.D. / offered on Fri Oct 8th @ 10am and Wed Oct 20th @ 2pm
• A safe space to learn and discuss effective methods of communication regarding difficult conversations.
• Learn how to reach for help and have helpful dialogue about mental health in a culturally attuned manner.

Self-Care Workshop
Led by Amanda Tom, Psy.D. / offered on Fri Oct 15th @ 10am
• Learn about ways to incorporate self-care into your regular routine.
• Discover tips to alleviate stress, maintain work-life balance, and prevent burnout.

Self-Care Workshop for Graduate Students
Led by Amanda Tom, Psy.D. / offered on Tue Oct 5th @ 5pm / grad students only
• Learn about ways to incorporate self-care into your regular routine as a grad student.
• Discover tips to alleviate stress, create work-life balance, set boundaries, and prevent burnout in grad school.

Somatics: Am I in Survival Mode?
Led by Viviana Vallin, LPCC / offered on Fri, Oct 1st @ 10am, Wed, Oct 13th @ 2pm, and Tue Oct 19th @ 5pm
• Learn about your body’s natural survival responses to manage stress and trauma.
• Come away with practices to listen to your body with more compassion and feel more present/grounded.