Counseling Services Topics and Dates

Please note these are only for MTSU students. Workshops are held Wednesdays from 11am to 12 pm - Location: Room KUC322.

Conquering Fear & Worry: Anxiety Management...9/15/21
Contents Under Pressure: Stress Management...9/22/21
Shine a Light on Darkness: Depression Management...9/29/21
Communication Skills: What Message Are You Sending?...10/6/21
Building Healthy Relationships...10/20/21
Boundary Setting...10/27/21
Building Healthy Self-Esteem...11/3/21
Coping with Grief and Loss...11/10/21
Combating Perfectionism...11/17/21

If you have any questions please contact Jo.Christian@mtsu.edu

PLEASE NOTE: These workshops are psycho-educational. They should not be considered treatment or a substitute for treatment of any mental/psychiatric conditions.

CRISIS LINE:
1-800-273-TALK (1-800-273-8255)