

VIRTUAL WORKSHOPS SERIES

Spring 2021
Monsour Counseling & Psychological Services

All workshops are open for all students regardless of location. Please email the contact person to register for the workshop. For any other general inquiries, contact LisetteSa@claremont.edu

**DROP-IN COFFEE HOUR
WITH MCAPS FOR GRAD
STUDENTS: BYOC (BRING
YOUR OWN COFFEE)
MONDAYS, 11-11:50AM PST
2/1, 3/1, 4/5, & 5/3**

Drop in with Drs. Dana Reyes and Beth Perlman to chat about the unique experience of graduate school, get support from peers, and identify strategies for managing stress. To register contact:
Dana.Reyes@claremont.edu or Beth.Perlman@claremont.edu

**ANXIETY MANAGEMENT
TUESDAYS, 11-11:50AM PST
2/2, 2/9, 2/16, 2/23 & 3/2**

This is a 5-week workshop series in which students will explore ways of coping with anxiety by living in full experience rather than running from the stressors of life. Based on the principles of Acceptance and Commitment Therapy, the workshops will utilize mindfulness techniques, experiential activities, and discussion to give students tools for managing anxiety more effectively and help them pursue their values. To register contact:
Grant.Goodman@claremont.edu

**HEALTHY RELATIONSHIPS
WEDNESDAYS, 3-4:30PM PST
2/10, 2/17, 2/24 & 3/3**

This is a 4-week workshop series on different topics about healthy relationships. Topics include; (1) myths and taboos, (2) healthy and unhealthy conflicts, (3) communication and expectations, and (4) stages of a relationship. To register contact: Miao.Li@claremont.edu or ShalomA@claremont.edu

**MANAGING STRESS: COVID-19
WEDNESDAYS, 12-12:50PM PST
WEEKLY STARTING 1/27**

This drop-in hour is for those who need to quarantine due to virus exposure, those worried about the health of self/others, and those who are feeling stress due to the pandemic in other ways. During the hour, students will be provided with tools to manage stress. Come together to find strength through solidarity and connection. To register contact:
LisetteSa@claremont.edu

**YOGA POSTURES FOR
STRESS RELIEF
WEDNESDAYS, 3-3:50PM PST
3/17 & 5/5**

Join Drs. Dana Reyes and Beth Perlman for a workshop which explores postures, breathing, and stretches that help reduce stress. Perfect for short zoom and study breaks! To register contact: Dana.Reyes@claremont.edu or Beth.Perlman@claremont.edu

**CREATIVE EXPRESSIONS
THURSDAYS, 1-2PM PST
2/4, 2/18, 3/4, 3/18, 4/1, 4/15, & 4/29**

This biweekly drop in workshop will focus on developing healthy coping through artistic expression. Recommended materials: pen, paper, markers or color pencils, scissors and tape. To register contact:
Emily.Bragg@claremont.edu or LisetteSa@claremont.edu