

Psychological Counseling Services and Training Center

Fall 2023 Workshops

Tuesday, September 19 2 – 3:30 pm	Emotional and Mental Wellbeing for Staff (Arabic) <i>Location: Psychological Counseling Services and Training Center, Room P034</i>
Sunday, September 24 1 – 2:30 pm	Managing your Stress <i>Location: Psychological Counseling Services and Training Center, Room P034</i>
Sunday, October 1 1 – 2:30 pm	Depression, Daily Coping Mechanism <i>Location: Psychological Counseling Services and Training Center, Room P034</i>
Tuesday, October 3 7– 8:30 pm	 Self Esteem <i>Meeting ID: 838 9634 6825</i>
Sunday, October 8 1 – 2:30 pm	Emotional Intelligence <i>Location: Psychological Counseling Services and Training Center, Room P034</i>
Sunday, October 15 1– 2:30 pm	Procrastination and Time Management <i>Location: Psychological Counseling Services and Training Center, Room P034</i>
Tuesday, October 17 7 – 8:30 pm	 Conquering Perfectionism <i>Meeting ID: 844 2681 5584</i>
Sunday, October 22 1 – 2:30 pm	Emotional Eating <i>Location: Psychological Counseling Services and Training Center, Room P034</i>
Sunday, October 29 1 – 2:30 pm	Anger Management <i>Location: Psychological Counseling Services and Training Center, Room P034</i>
Tuesday, October 31 7 – 8:30 pm	 Coping with and Preventing Burnout <i>Meeting ID: 893 9721 8323</i>
Sunday, November 5 1 – 2:30 pm	Codependency <i>Location: Psychological Counseling Services and Training Center, Room P034</i>
Sunday, November 12 1 – 2:30 pm	Self Compassion <i>Location: Psychological Counseling Services and Training Center, Room P034</i>
Tuesday, November 14 7 – 8:30 pm	 Conflict Management and Setting Boundaries <i>Meeting ID: 897 5650 4721</i>
Sunday, November 19 1– 2:30 pm	Self Care <i>Location: Psychological Counseling Services and Training Center, Room P034</i>
Sunday, November 26 1 – 2:30 pm	Stress Management (Exams Edition) <i>Location: Psychological Counseling Services and Training Center, Room P034</i>