Counseling & Psychological Services presents
SINGLE SERVINGS Weekly, drop-in workshops!
Nurture Your Mind, 50 Minutes at a Time

Mon 1/30
Healthy Relationships
3:00-3:50p @ Ctr for Intercultural Relations

Tues 2/7

Mon 2/13
Taming the Terrible Tests
3:30-4:20p @ Ctr for Intercultural Relations

Tues 2/21

Tues 2/28
What Happens Next?
3:00-4:20p @ Aztec Mesa 104

Mon 3/6
Your Life is Now:
Intro to Mindfulness
12-12:50p @ Commtr Rsc Ctr

Thur 3/16
Life in eMotion
3:30-4:20p @ Ctr for Intercultural Relations

Tues 3/21
Party Smart
12:30-1:20p @ Calpulli Center, Conf Rm 3

Wed 4/5
Balancing Roles & Self-Care
3:30-4:20p @ Pride Center

Tues 4/11
Managing Stress I:
How to COPE
3:30-4:20p @ Commtr Rsc Ctr

Wed 4/19
Managing Stress II:
Alternative Approaches
12:30-1:20p @ Calpulli Conf Rm 3

Tues 4/25
Relax with Bax
11a-2p @ ASU Courtyard

For more info: sdsu.edu/cps 619-594-5220 sdsucounseling SDSUcounseling
### Relax with Bax
**Mon, 01/30 • 11am-2pm**  
@ ASU Courtyard

Feeling overwhelmed? Come hang out with C&PS’s therapy dog Baxter and learn strategies to help reduce stress to enhance your academic success and personal growth.

### Healthy Relationships
**Tues, 02/07 • 3:00-3:50pm**  
@ Center for Intercultural Rel.

Discover what is important to you in your relationships, and learn strategies to make them work.

### Taming the Terrible Tests
**Mon, 02/13 • 3:30-4:20pm**  
@ Center for Intercultural Rel.

Do tests freak you out? Does your mind go blank? Sweating too much to write? Join us for an hour and learn to take down that test anxiety!

### Where I Belong: Finding Connection at SDSU
**Tues 02/21 • 12:30-1:20pm**  
@ Commuter Resource Center

Having a hard time making connections on campus? Join us for a conversation about connecting with self and others at SDSU and beyond.

### What Happens Next?
**Tues, 02/28 • 3:00-4:20pm**  
@ Aztec Mesa, Rm 104

Freaking out about your future and what comes next after college?! Join us to discuss concerns that come up when planning for your future and learn strategies on how to prepare for life after SDSU.

### Your Life Is Now: Intro to Mindfulness
**Mon, 03/06 • 12-12:50pm**  
@ Commuter Resource Center

Find yourself stuck in the past? Worry about the future? Sidetracked by difficult thoughts and feelings? Join us for an intro on how to be more present and manage life’s challenges flexibly and compassionately.

### Life in eMotion
**Thurs 03/16 • 3:30-4:20pm**  
@ Center for Intercultural Rel.

Ever feel like your emotions are big, unpredictable, and hard to manage? Join us as we learn and practice strategies for dealing with those emotional waves in life.

### Party Smart
**Tues, 03/21 • 12:30-1:20pm**  
@ Calpulli, Conf Rm 3

“Work hard, play hard” doesn’t necessarily mean drink until you black out… party smarter, not harder. Learn how you can have fun in the scene without the costly consequences.

### Managing Stress I: How to COPE
**Wed 04/05 • 3:00-3:50pm**  
@ Commuter Resource Center

Check out this mini-version of our COPE workshop to learn healthy and effective strategies for managing stress on an ongoing basis.

### Balancing Roles & Self-Care
**Tues 04/11 • 3:30-4:20pm**  
@ Pride Center

Student. Friend. Partner. Sibling. Employee. Wearing all these hats isn’t easy. We can help you explore the multiple roles you fulfill, and discuss self-care skills to help you manage them more effectively.

### Managing Stress II: Alternative Approaches
**Wed 04/19 • 12:30-1:20pm**  
@ Calpulli, Conf Rm 3

Learn innovative, mind-body approaches for stress, such as biofeedback and neurofeedback.

### Relax with Bax
**Tues, 04/25 • 11am-2pm**  
@ ASU Courtyard

Feeling overwhelmed? Come hang out with C&PS’s therapy dog Baxter and learn strategies to help reduce stress to enhance your academic success and personal growth.

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If you are interested, just show up at the location on the date/time listed… no need to call!

*For info:*  
sdsu.edu/cps  
619-594-5220  
sdusucounseling  
SDSUcounseling