Counseling & Psychological Services presents
SINGLE SERVINGS
Nurture the Mind, 50 Minutes at a Time

Weekly workshops
Drop in -- No need to sign-up!

sdsu.edu/cps
sdsucounseling
619-594-5220
SDS_ucounseling

FOR MORE INFO: sdsu.edu/cps

Relax with Bax
Tues, Sept 12 • 11am-2pm
@ ASU Courtyard

Where I Belong:
Finding Connection at SDSU
Wed, Sept 20 • 1-2pm
@ EOP, Student Services East

Your Life Is Now:
Intro to Mindfulness
Thurs, Sept 28 • 12:30-1:20pm
@ Pride Center

#awkward
Mon, Oct 2 • 5-6pm
@ Granada Community Center

#relationshipgoals
Tues, Oct 10 • 2-2:50pm
@ Center for Intercultural Relations

Managing Stress:
How to COPE
Wed, Oct 18 • 12-12:50pm
@ Commuter Resource Center

Test Anxiety:
Taming the Terrible Tests
Thurs, Oct 26 • 12:30-1:20pm
@ Pride Center

Finding My Direction
Mon, Oct 30 • 12:30-1:20pm
@ Commuter Resource Center

Family: It's Complicated /
Mon, Nov 6 • 1-2pm
@ Center for Intercultural Relations

Balancing Roles & Self-Care
Tues, Nov 14 • 11am-12pm
@ Commuter Resource Center

Test Anxiety:
Taming the Terrible Tests
Tues, Nov 28 • 12:30-1:20pm
@ Love Library 430

Relax with Bax
Tues, Dec 5 • 11am-2pm
@ ASU Courtyard

Feel nervous in social situations? Want to connect with others but hit a wall? Learn ways to be present and work through social anxiety.

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

Check out this mini-COPE workshop to learn healthy and effective strategies for managing stress.

Do tests freak you out? Does your mind go blank? Join us and learn to take down that test anxiety!

Join us for an exploration of how we can go about connecting with a sense of meaning and purpose and how to create a life worth living.

Learn how to navigate sociocultural values and family pressures.

Wearing different hats isn’t easy. Explore the roles you fulfill and discuss self-care skills to help you manage them more effectively.

Do tests freak you out? Does your mind go blank? Join us and learn to take down that test anxiety!

Hang with C&PS’s therapy dog Baxter and learn ways to reduce stress and enhance your academic success and personal growth.