

## DROP-IN SEMINARS

We are hosting one-hour drop-in seminars **EVERY DAY** in **LUCINA HALL 320** for the last four weeks of the semester. Our drop-in seminars are open to **EVERYONE** on campus. No sign-ups or first appointments are required to participate. You can come to one, or all, of the seminars we are offering **FOR FREE**. If you don't want to come alone, bring your friends!! Information regarding dates, times, and topics is below! We hope to see you soon!

### End of Semester Schedule:

- \* *Mind Traps*— Monday 4/8 at 4PM; Tuesday 4/16 at 4PM; Wednesday 4/24 at 4PM; Friday 4/26 at 4PM; Wednesday 5/1 at 10AM
- \* *Building Positive Emotions*— Tuesday 4/9 at 4PM; Wednesday 4/17 at 10AM; Thursday 4/25 at 10AM; Wednesday 5/1 at 4PM; Friday 5/3 at 4PM
- \* *Combating Self-Criticism*— Wednesday 4/10 at 10AM; Monday 4/15 at 4PM; Tuesday 4/23 at 4PM; Thursday 5/2 at 4PM
- \* *Healthy Coping Skills*— Thursday 4/11 at 10AM; Monday 4/22 at 4PM
- \* *Managing Anxiety & Depression*— Friday 4/12 at 4PM; Thursday 4/25 at 4PM
- \* *Problem-Solving*— Thursday 4/18 at 10AM; Monday 4/29 at 4PM
- \* *Healthy Boundaries*— Friday 4/19 at 4PM; Tuesday 4/30 at 4PM
- \* *Mindfulness*— Wednesday 4/24 at 10AM; Thursday 5/2 at 10AM

**If the seminars don't fit into your schedule, don't worry! Here are some other resources to consider:**

- \* **Resource & Relaxation Room:** This drop-in space is located in the Counseling Center (Room 310) and is open during business hours (M-F 8-5). It provides students with access to a massage chair, light therapy, self-help materials, and a free condom shop.
- \* **WellTrack:** A self-help app that can be accessed from your phone, tablet, or computer. It provides tools and tips to begin making positive life changes. You can access WellTrack from our website (<https://www.bsu.edu/campuslife/counselingcenter>).