

OUTLASTING THE PANDEMIC: MENTAL HEALTH SKILLS WORKSHOP SERIES

A series of skills-based workshops aimed specifically at trending mental health issues related to the pandemic. Each workshop will address a specific topic and facilitator will provide specific skills on how to address and manage that mental health topic.

Email for RSVP and zoom link: counsels@uw.edu

CAN'T SLEEP; TIRED BUT WIRED,
APRIL 13, 3PM

BREAKING PERFECTIONISM,
APRIL 27, 3PM

RIDING THE WAVE OF ANXIETY,
MAY 11, 3PM

MANAGING UNCERTAINTY,
MAY 25, 3PM



COUNSELING CENTER

UNIVERSITY of WASHINGTON

Division of Student Life