



C.O.P.E. WORKSHOPS

HOME / DEPARTMENTS / COUNSELING

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Workshop Mini Series!

Short on time, but still want to develop a few coping strategies? Click the link below to watch 3 mini workshops that cover the following topics:

- Getting Better Sleep
- Helping a Friend with Mental Health Concerns
- Coping with Depression and Anxiety

To view these 10-minute workshops, click on the following link: https://www.youtube.com/playlist?list=PL39p3BA4DPI5QSIcF6uG0HA_uDinpohG

For additional mental health resources, please visit the Self-Help Resources tab on the left for more tips. You can also use our FREE and PRIVATE online therapy program, TAO! To do so, click "Sign-Up Self-Help" on the TAO widget towards the bottom of the screen. You MUST use your SHSU email address to register.

Helping Kats C.O.P.E. Workshop Series

Stressed? Overwhelmed? Just want to feel better? SHSU Counseling Center offers free mental wellness workshops on helpful tips for coping with everyday life.

Fall 2024 Schedule:

CALM KATS

Learn how to develop a self-care routine and manage stress.

Counseling Center

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- Wed, Sept 18th from 12-1 pm (LSC Rm 116)
- Wed, Nov 6th from 12-1 pm (LSC Rm 116)

DIGITAL DETOX

Learn tips and tools to develop a healthier relationship with your devices and technology.

- Mon, Oct 7th from 12-1 pm (LSC Rm 116)
- Thurs, Nov 14th from 12-1 pm (LSC Rm 116)

CURIOUS ABOUT GROUP THERAPY?

Got questions about group therapy or unsure about group therapy? Come learn how participating in a group can be beneficial to helping you learn coping skills and treating all types of issues.

- Thurs, Sept 5th from 12-1 pm (LSC Rm 115)
- Mon, Sept 9th from 12-1 pm (LSC Rm 115)
- Tues, Sept 24th from 12-1 pm (LSC RM 115)
- Thurs, Oct 3rd from 12-1 pm (LSC RM 115)

HEALTHY RELATIONSHIPS*

Join us as we discuss your rights in intimate relationships, healthy boundaries, relationship warning signs and important resources. New topics each week.

- Every Tuesday from 1:30-2:30 pm
- Starting Sept 24th - Nov 12th (LSC Rm 144)
- Hosted by the Montgomery County Women's Center. Some information may be collected for the program

Navigating Your First Gen Experience

Are you a first generational college student? Learn tips on how to successfully navigate your college experience and get support.

- Wed, Oct 23rd from 1-2 pm (LSC Rm 116)
- Thurs, Nov 21st from 12-1 pm (LSC Rm 117)

I'm Here...Now What?

Adjusting to college can be exciting and challenging. Learn tips on how to adapt to college, understand common challenges and get support and resources.

- Tues, Sept 3rd from 1:30-2:30 pm (LSC Rm 144)
- Wed, Sept 25th from 1-2 pm (LSC Rm 116)

Overcoming Test Anxiety

Learn the cause of test anxiety and build skills to reduce it.

- Mon, Oct 14th from 12-1 pm(LSC Rm 115)
- Wed, Nov 13th from 12-1 pm (LSC Rm 115)

Walking Through Loss

Grief and loss affects all of us. Learn how to cope and walk through the different stages of loss.

- Thurs, Oct 10th from 12-1 pm (LSC Rm 144)
- Thurs, Nov 7th from 12-1 pm (LSC Rm 144)

QPR: Suicide Prevention Training

Becoming a certified Suicide Prevention Gatekeeper can help save a life!

- Wed, Oct 9th from 12-1:30 pm (LSC Rm 116)
- Tues, Nov 5th from 1-2:30 pm (LSC Rm 116)

Space is limited! Email Michelle Haynes at mch033@shsu.edu to register for the workshop.

Smart Habits, Strong U**

Learn to break free from unhealthy habits and build a balance fulfilling life. New topics each week.

- Every Wednesday from 5:30-6:30 pm
- Starting Sept 11th - Nov 20th (LSC Rm 322)

****Hosted by Matthias Litzmann, Ma, LPC Associate , Supervised by Dr. Shawna Munson LPC-S LMFT-S**

Left on Read? How to Survive a Break-Up

The ending of a relationship can be a painful and confusing experience. Learn helpful tips on how to weather the storm of a break-up.

- Wed, Oct 2nd from 12-1 pm (LSC-RM 115)
- Tues, Oct 22nd from 12:15-1:15 pm (LSC -RM 115)

College Hits Different: Goal Setting

Learn goal setting strategies and how to identify and accomplish them.

- Wed, Sept 11th from 12-1 pm (LSC - Rm 116)
- Tues, Nov 12th from 12:15-1:15 (LSC - Rm 115)

For more information, contact Michelle Haynes at mch033@shsu.edu or (936) 294-1720

Workshops will held in person and held at the Lowman Student Center (LSC) during Fall 2024.

Participation is welcomed by all.

Frequently Asked Questions

How are workshops different from traditional individual or group counseling?

- With traditional forms of counseling, you meet one-on-one or in a small group setting to discuss your concerns. Traditional counseling can last anywhere from a few weeks to several years.
- Workshops, on the other hand, are actually similar to many of the college classes that you are taking. Participants listen to an interactive presentation given by a therapist. This presentation teaches you practical ways to address many common problems.

How many people will be at the workshop?

- Workshops typically have 1-2 presenters and up to 25 attendees.

I have a busy schedule. How long are workshops?

- We know that your schedule is full of important commitments that you need to keep. That's why our workshops only last 1 hour and are offered several times throughout the semester.

I'm nervous about attending a workshop. Am I going to be forced to talk?

- Given that workshops are similar to classes, you are not required to talk during the presentation. However, students who ask questions and who are actively engaged during the workshop tend to get more out of the experience.

How do I attend a workshop?

- Just show up! No pre-registration or trip to the Counseling Center is required!
- Each workshop is conveniently located at the Lowman Student Center (LSC). Specific dates, times, and LSC room numbers are listed on the flyer.



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