



Helping Kats C.O.P.E. Workshop Series (Fall 2017)

Helping you find ways to become more Centered, Optimistic, Productive, and Empowered

NO REGISTRATION REQUIRED. JUST SHOW UP FOR SOME QUICK TIPS!

Calm Kats: The Art of Self-Care & Stress Management

Life can be stressful! Learn skills on how to develop a self-care routine and manage stress during this 1-hour workshop.

- Wednesday, September 6th from 4pm-5pm (LSC Room 306)
- Tuesday, September 19th from 4pm-5pm (LSC Room 307)
- Tuesday, October 31st from 2pm-3pm (LSC Room 307)
- Monday, November 13th from 11am-12pm (LSC Room 307)
- Monday, November 27th from 11am-12pm (LSC Room 307)
- Friday, December 1st from 12pm-1pm (LSC Room 110)

Catching Better Zzz

Tired of feeling tired? This 1-hour workshop is designed to help you learn how to improve your sleeping habits.

- Tuesday, September 26th from 2pm-3pm (LSC Room 307)
- Thursday, October 19th from 11am-12pm (LSC Room 302)
- Monday, November 20th from 1pm-2pm (LSC Room 307)

Developing Social Confidence

Making friends can be challenging sometimes. This 1-hour workshop discusses strategies to help you feel more confident in your ability to develop and maintain relationships with others.

- Wednesday, August 30th from 1pm-2pm (LSC Room 307)
- Thursday, October 5th from 12noon-1pm (LSC Room 307)
- Tuesday, November 14th from 2pm-3pm (LSC Room 307)

Taming Your Temper

Learn how to identify what makes you angry and tips on how to gain control over your anger during this 1-hour workshop.

- Monday, September 11th from 3pm-4pm (LSC Room 307)
- Wednesday, October 11th from 2pm-3pm (LSC Room 307)
- Monday, November 6th from 3pm-4pm (LSC Room 307)

Building Self-Esteem

How we feel about ourselves can affect us on many different levels. Join us for this 1-hour workshop as we explore the ins and outs of self-esteem and learn ways to improve it.

- Wednesday, September 13th from 1pm-2pm (LSC Room 307)
- Tuesday, October 3rd from 2pm-3pm (LSC Room 307)
- Thursday, November 9th from 11am-12pm (LSC Room 302)

Overcoming Test Anxiety

Learn how to identify the source of your test anxiety and build skills to help reduce it during this 1-hour workshop.

- Wednesday, September 20th from 2pm-3pm (LSC Room 307)
- Monday, October 16th from 3pm-4pm (LSC Room 307)
- Wednesday, November 29th from 2pm-3pm (LSC Room 307)

Healthy Relationships (Hosted by the Montgomery County Women's Center)

Learn more about establishing healthy boundaries and improving communication with this 1-hour workshop.

- Every Wednesday from 3:30pm-4:30pm (Counseling Center)