

Counseling Services Info Tables

**Tuesday, September 13th & Wednesday September 14th
10AM-2PM**

Trying New Things and Working Hard

Tuesday, October 4th & Wednesday Oct. 5th 10AM – 2PM

Talking about Depression, Anxiety and Suicide:

What should we know?

Tuesday, Nov. 1st & Wednesday Nov. 2nd 10AM-2PM

Spending Quality Time with Good Friends and Family

Tuesday, Dec. 6th and Wednesday Dec. 7th 10AM-2PM

Stress Management for Deadlines, Finals and the Holidays

**Look for our table in the Bowman Hall
Lobby - Quad level**