

# Counseling and Psychological Services Mental Health Discussion Series

## Virtual Spring 2021 | Every Wednesday 4-5pm

We recognize that GW students are busy. We also know that students can gain benefits from attending just a few short well-being workshops. Therefore, we created the Mental Health Discussion Series (MHDS). The MHDS is a weekly, hour-long discussion designed for students to collectively meet with a counselor and discuss various topics. MHDS is an easily accessible space to connect with other students and discuss mental wellness, which are all the more important now given this unprecedented time with COVID-19 and virtual learning. Whether you struggle with your own well-being or are a concerned GW community member, you are welcome to drop into this free virtual group discussion via WebEx – no registration required! Attend one, some, or all of the sessions. For further information or should you need accommodations, please contact us at [counsel@gwu.edu](mailto:counsel@gwu.edu).

**JOIN THIS WEBEX LINK | PASSWORD: CAPS**

**January 27 | Adjusting to Change & Transition**

---

**February 3 | Overcoming Loneliness & Isolation**

---

**February 10 | Motivation & Goal Setting**

---

**February 17 | Organization & Procrastination**

---

**February 24 | Creating Balance**

---

**March 3 | Sleep Hygiene**

---

**March 10 | Self-Care & Stress Management**

---

**March 24 | Self-Compassion 101**

---

**March 31 | Overcoming Loneliness & Isolation**

---

**April 7 | Motivation & Goal Setting**

---

**April 14 | Organization & Procrastination**

---

**April 21 | Creating Balance**

---

**April 28 | Self-Care & Stress Management**

---

**May 5 | Self-Compassion 101**

---

### COUNSELING AND PSYCHOLOGICAL SERVICES

Colonial Health Center  
Marvin Center, Ground Floor  
800 21st Street, NW | Washington, DC 20052

📞 202 - 994 - 5300

✉️ [counsel@gwu.edu](mailto:counsel@gwu.edu)

🌐 [healthcenter.gwu.edu](http://healthcenter.gwu.edu)



Colonial  
Health Center

THE GEORGE  
WASHINGTON  
UNIVERSITY  
WASHINGTON, DC