Counseling and Psychological Services

Mental Health Discussion Series

Fall 2018

We know GW students are busy. We also know that students can gain benefits from attending just a few short well-being workshops, so 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. Whether you struggle with your own well-being or are a concerned GW community member, you are welcome to drop into this free group discussion—no registration required! Attend one, some, or all of the sessions.

For further information or questions, please contact us at counsel@gwu.edu.

Every Wednesday | 4-5 pm | Colonial Health Center, Room G30

Make the choice to start the semester well!

August 29  Adjusting to College

September 5  Adjusting to College (second opportunity to attend!)

September 12  What Is Anxiety and How Is It Affecting Me?

September 19  Why Mindfulness Works

September 26  Healthy Sleep Habits

October 3  Overcoming Loneliness

October 10  Dismantling Perfectionism and Procrastination

October 17  Healthy Relationships: Family, Friends, and Everything in Between

Or, finish the semester strong!

October 24  What Is Anxiety and How Is It Affecting Me?

October 31  Why Mindfulness Works

November 7  Healthy Sleep Habits

November 14  Overcoming Loneliness

November 28  Dismantling Perfectionism and Procrastination

December 5  Healthy Relationships: Family, Friends, and Everything in Between

COUNSELING AND PSYCHOLOGICAL SERVICES

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