

Counseling and Psychological Services

Mental Health Discussion Series

Virtual Fall 2020 | 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. 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 questions, please contact us at counsel@gwu.edu

JOIN THIS WEBEX LINK USING PASSWORD: CAPS

August 19 | Adjusting to Change & Transition in the Time of COVID

August 26 | Coping with Disappointment in the Time of COVID

September 2 | Adjusting to Change & Transition

September 9 | Coping with Disappointment

September 16 | Motivation & Goal-Setting

September 23 | Organization & Procrastination

September 30 | Creating Balance

October 7 | Sleep Hygiene

October 14 | Self-Care & Stress Management

October 21 | What is Anxiety and How is it Impacting Me?

October 28 | Overcoming Loneliness

November 4 | Grounded in Decision-Making

November 11 | Healthy Relationships & Communication

November 18 | Creating Balance

November 25 - Self-Care & Stress Management

December 2 - Motivation & Goal-Setting

December 9 - Honoring Growth

COUNSELING AND PSYCHOLOGICAL SERVICES

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