

# Counseling and Psychological Services

## Getting Unstuck

### Virtual Spring 2021



"Getting Unstuck" is a three-session workshop designed to help students increase their understanding of depression and provide them with the skills to recognize and manage their depressive symptoms. Each workshop is one hour, and the information builds on material from previous sections. "Getting Unstuck" is not a substitute for formal counseling and does not constitute mental health treatment.

To find out about registration, please consult with a CAPS clinician regarding a referral. Once registered, you are welcome to join this free workshop series using the link that will be provided to you.

Should you have any questions or need accommodations please contact [counsel@gwu.edu](mailto:counsel@gwu.edu)

Mondays & Thursdays | 1:00 PM | Via Zoom

Link will be provided by workshop facilitators

## Mondays

### SECTION A

- January 25
- February 1
- February 8

### SECTION B

- February 22
- March 1
- March 8

### SECTION C

- March 22
- March 29
- April 5

### SECTION D

- April 12
- April 19
- April 26

## Thursdays

### SECTION A

- January 28
- February 4
- February 11

### SECTION B

- February 25
- March 4
- March 11

### SECTION C

- March 25
- April 1
- April 8

### SECTION D

- April 15
- April 22
- April 29

#### 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