

# Counseling and Psychological Services

## Getting Unstuck

### Spring 2020

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 [1-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. [No registration required.](#) You are welcome to join this free workshop series using the provided link!

<https://gwu.webex.com/meet/wmaxhd>

## Three-Session Workshop

### Wednesdays

**April 22, 2020 | 3-4pm**

**April 29, 2020 | 3-4pm**

**May 6, 2020 | 3-4pm**

### Thursdays

**April 23, 2020 | 3-4pm**

**April 30, 2020 | 3-4pm**

**May 7, 2020 | 3-4pm**



#### COUNSELING AND PSYCHOLOGICAL SERVICES

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