

Counseling and Psychological Services

Getting Unstuck

Virtual Summer 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 45 minutes to 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 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

Tuesdays | 12:00 PM | Via Zoom
Link will be provided by workshop facilitators

Summer Session 1

June 15

June 22

June 29

Summer Session 2

July 6

July 13

July 20

COUNSELING AND PSYCHOLOGICAL SERVICES

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

☎ 202 - 994 - 5300

✉ counsel@gwu.edu

🌐 healthcenter.gwu.edu



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Health Center

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC