

Counseling and Psychological Services

Managing Depression

Fall 2021 | Thursdays 12:00-1:00 PM

"Managing Depression" 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.

"Managing Depression" is not a substitute for formal counseling and does not constitute as 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

Zoom link will be provided by the facilitator.

SECTION 1

September 16

September 23

September 30

SECTION B

October 7

October 14

October 21

SECTION C

October 28

November 4

November 11

COUNSELING AND PSYCHOLOGICAL SERVICES

Colonial Health Center

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