

Counseling and Psychological Services

Well-Being Skills Series

Virtual Fall 2021 | Wednesdays 4:00 -5:00 PM

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 Well-being Skills Series. This is a weekly, hour-long session designed for students to collectively meet with a counselor and learn more about various wellness topics. The Well-being Skills Series is an easily accessible space to connect with other students and discuss mental wellness, which are all the more important now following this unprecedented time. 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 should you need accommodations, please contact us at counsel@gwu.edu.

JOIN THIS WEBEX LINK | PASSWORD: CAPS

September 15 | Adjusting to Change and Transition / Creating Balance

September 22 | Organization and Procrastination / Motivation and Goal Setting

September 29 | Communication and Boundaries

October 6 | Overcoming Loneliness and Isolation

October 13 | Self-Care and Stress Management

October 20 | Self-Compassion 101

October 27 | Sleep Hygiene

November 3 | Organization and Procrastination / Motivation and Goal Setting

November 10 | Overcoming Loneliness & Isolation

November 17 | Communication & Boundaries

December 1 | Self-Care and Stress Management

December 8 | Self-Compassion 101

COUNSELING AND PSYCHOLOGICAL SERVICES

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