

Mental Health Discussion Series

Fall 2017



We know GW students are busy. We also know that students can gain benefits from attending just a few short wellbeing workshops, so we created the Mental Health Discussion Series (MHDS). The MHDS is a weekly, hour-long discussion, designed for students to collectively meet with a counselor and discuss various topics.

Whether you struggle with your own wellbeing or are a concerned Colonial community member you are welcome to drop into this free group discussion—no registration required! Attend one, some, or all of the sessions.

i For further information or questions, please contact us at counsel@gwu.edu.

Every Wednesday | 4-5 pm | Colonial Health Center Room G30

Make the choice to start the semester well!

September 13 Focus Your Energy on the Positive

September 20 Could this Room get any Smaller?
Resolving Relationship Conflicts

September 27 Don't Wait! Attack Procrastination Now

October 4 What is Anxiety and How is it
Affecting Me?

October 11 An Impossible Balance? Strategies for
Managing Your Busy Schedule

October 18 Healthy Sleep Habits

Or, finish the semester strong!

October 25 Focus Your Energy on the Positive

November 1 Could this Room get any Smaller?
Resolving Relationship Conflicts

November 8 Don't Wait! Attack Procrastination Now

November 15 What is Anxiety and How is it
Affecting Me?

November 29 An Impossible Balance? Strategies for
Managing Your Busy Schedule

December 6 Healthy Sleep Habits

MENTAL HEALTH SERVICES

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Colonial
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