Transitions and change are difficult. From adjusting to college, to coping with the numerous changes as a result of COVID-19 these things can contribute to stress, and have impact on our mental health. Learning to adapt to these changes, build resilience, and cope is essential to your ability to thrive here on campus. Please join members of the Counseling Center staff in a virtual workshop designed to provide you with tips to help you manage the transitions you are faced with presently. In this workshop you will have a chance to connect with fellow students who are going through the same thing, and learn helpful ways to cope from the counseling center staff.

These Virtual Workshops are conducted via Microsoft Teams through a private link. They are offered at different times across the week.

Contact our office at 414 288 7172 if you would like to sign up!

We hope you join us!

September 3rd: 11am  
September 3rd: 3pm  
September 4th: 9am  
September 9th: 10am  
September 10th: 11am  
September 11th: 10am  
September 14th: 3pm  
September 16th: 10am  
September 17th: 11am  
September 18th: 10am  
September 21st: 3pm  
September 23rd: 10am  
September 24th: 11am  
September 25th: 10am  
September 28th: 3pm  
September 30th: 10am