SOUTH TEXAS COLLEGE
COUNSELING AND STUDENT DISABILITY SERVICES
Spring 2017 EVENING WORKSHOPS
PECAN CAMPUS, Building K 2.926 (Career Center)
5PM-6PM

February 13   Emotional Abuse, Indira Salinas
February 15   Building Self -Esteem, Nichole De Leon
February 20   Signs of Stress, Indira Salinas
February 23   Dealing with Anger, Nichole De Leon
February 28   Meeting Satisfactory Academic Progress, Indira Salinas
March 1      Depression and the Ups and Downs of College Life, Nichole De Leon
March 7      Managing Conflict, Nichole De Leon
March 9      Developing a Healthy Self Image, Indira Salinas
March 20     Grief and Loss, Indira Salinas
March 22     Memory Skills, Nichole De Leon
March 28     Sleep Deprivation, Indira Salinas
March 30     How Important is Your GPA? , Nichole De Leon
April 3      Emotional Abuse, Indira Salinas
April 5      Building Self -Esteem, Nichole De Leon
April 10     Signs of Stress, Indira Salinas
April 12     Dealing with Anger, Nichole De Leon
April 17     Developing a Healthy Self Image, Indira Salinas
April 19     Depression and the Ups and Downs of College Life, Nichole De Leon
April 25     Grief and Loss, Indira Salinas
April 27     Managing Conflict, Nichole De Leon

All evening workshops will be presented at the Counseling and Student Disability Services by UTRGV and OLLU Interns.

GRIEF, MANAGING ANGER AND SUBSTANCE USE GROUPS AVAILABLE FOR STUDENTS STARTING MARCH 2017!
SPACE IS LIMITED! For more information, please call 872-2173 or 872-2530.
http://studentservices.southtexascollege.edu/counseling/

STATEMENT OF EQUAL OPPORTUNITY: No person shall be excluded from participation in, denied the benefits of, or be subjected to discrimination under any program or activity sponsored or conducted by South Texas College on the basis of race, color, national origin, religion, sex, age, veteran status, or disability. Individuals with disabilities requiring assistance or access to receive these services should contact disability Support Services at 872-2173. Produced Spring 2017 by MA.