What the (Mental) Health

This workshop reviews psychological frameworks (DBT, CBT, grief and loss) related to managing stress and regulating thoughts and emotions with skills. You can learn about:

- Optimal stress
- Mindfulness & Acceptance
- Effective coping behaviors
- Assertive communication
- Assessing mental health needs

Tuesday, November 7th, 3pm-4:20pm
Friday, November 17th, 1pm-2:20pm
Tuesday, December 5th, 3pm-4:20pm

Open to all UW students
UW Counseling Center, 401 Schmitz Hall
Facilitated by Caitlin Stanaway, PsyD

To sign up or get more information, call 206-543-1240 or email stanac@uw.edu