

Successful Spartan Workshop Series & Fall Outreach Events

A series of free, interactive personal growth workshops for students, faculty & staff.

Virtual workshops held via Microsoft Teams. Each workshop will last approximately 30-45 minutes. Simply click on your preferred meeting time below, *at the time of the meeting*, to join. To attend suicide prevention training (QPR), please click link below.

Stress Management

[Wed, 10/13/21, 3 pm](#)

[Tues, 11/2/21, 11 am](#)

Time Management

[Tues, 9/14/21, 11 am](#)

[Thurs, 11/4/21, 11 am](#)

The Science of Anger

[Mon, 11/15/21, 3 pm](#)

Working Through Grief & Loss

[Wed, 11/17/21, 3 pm](#)

Mental Health Awareness & Self-Care

[Thurs, 10/27/21, 3 pm](#)

Question, Persuade & Refer (QPR; Suicide Prevention Training)

[Please click here to register for QPR](#)

Thurs, 8/5/21, 1-2:30 pm

Fri, 9/17/21, 10-11:30 am

Fri, 10/15/21, 1-2:30 pm

Mon, 11/22/21, 10-11:30 am

Thurs, 12/16/21, 2-3:30 pm

Pooches on the Patio (Pet Therapy; In-Person)

Thurs, 9/23/2021, 11-1 pm, HEC Hallway, across from Bookstore

Wed, 10/20/201, 11-1 pm, CLC 2nd Floor Lobby