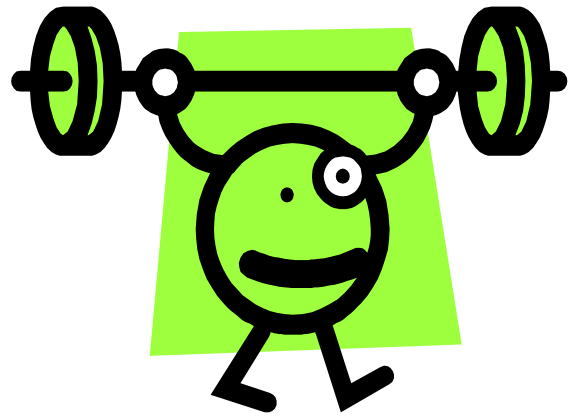


# Wednesday Wellness Workshops



All Wednesday Wellness Workshops are 75 minutes in length, absolutely free & require no registration. Any UC- Berkeley students can just drop in!

## TOPICS

***POSITIVE MINDSETS FOR EXAMS*** (October 21):

Develop healthy mental attitudes for exams

***CONFRONTING PROCRASTINATION*** (October 28):

Learn and identify strategies to reduce procrastination

***ASSERTIVENESS TRAINING*** (November 4):

Learn some strategies to express your needs & wants

***BUILDING SELF-ESTEEM*** (November 18):

Discover ways to develop feelings of self-worth

***COPING WITH LOSS DURING THE HOLIDAYS*** (December 2)

Learn ways to deal with the death of a loved one

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**TIME:** WEDNESDAYS from 3:30 – 4:45 PM

**LOCATION:** Counseling and Psychological Services Bowditch Office  
2311 Bowditch St., 2<sup>nd</sup> floor

**WORKSHOP LEADERS:** Beth Krimstock, PsyD & John Sauvé, PsyD

ADA Notice: The offices at 2311 Bowditch St. are on the second floor and NOT ADA-accessible. If you need accommodations, please call Bowditch staff at 510-642-4645 to arrange for these services at another location.