



# FEEL BETTER WORKSHOPS






DROP-IN: Thursdays @  
4:00-5:00 PM

Location:  
Engemann Health Center—  
Trojan Conference Room

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**Feel Better Workshops. Every Thursday. Trojan Conference Room. Be There!**  
Open to ALL undergraduate & graduate students

These workshops are a great fit for anyone who would like to learn basic skills or consider new approaches to improve their ability to manage stress or cope with adversity. Workshops are taught by Counseling Services Staff. See our upcoming workshops (the same topics will repeat each month):

-  1<sup>st</sup> Thursday of the month: Stress Management
-  2<sup>nd</sup> Thursday of the month: Managing Emotions
-  3<sup>rd</sup> Thursday of the month: Calm Your Anxiety
-  4<sup>th</sup> Thursday of the month: Relationships & Connection
-  5<sup>th</sup> Thursday of the month: Addressing Academic Anxiety

## USC Student Counseling Services

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