



COUNSELING & WELLNESS CENTER

FALL 2023 EVENTS

**AUG
30**

WELCOME WEDNESDAY

10 am-Noon, on the Quad.

Learn about the CWC, meet the staff, and plant succulents to keep! And meet our Therapy Dog friends!



**SEP
20**

BACK IN ACTION

10:30am-Noon, Location TBD

Join the CWC, Academic Advisors, Disability & Access Services and Housing for an informal meeting to learn who to ask for help and when.

**OCT
25**

BREWING BOUNDARIES

10:30-Noon, in the CWC Group Room.


Learn how to set and communicate healthy boundaries to build healthy relationships. And brew up a witch's potion with herbs, crystals, and intentions.

**NOV
29**

MINDFUL MOTIVATION

10:30-Noon, Location TBD.

Learn how to maintain motivation as the semester comes to an end and practice self-care with a Sound Bath. (RSVP by emailing counseling@ccad.edu)



**DEC
5**

HOT COCOA & DOGS

10:30-2:00, in the CWC.

Visit the CWC for some finals week relaxation with therapy dogs, hot cocoa, and aromatherapy



EMAIL COUNSELING@CCAD.EDU FOR MORE INFO