

# 1 Hour Health & Wellness



## Workshops

### *Building Skills for Health and Balance*

Learn how to develop effective communication skills, a healthy self-care routine, cope more effectively with a break-up and stress, decrease negative thinking, improve your mood & enhance your well-being, and have more positive, healthy relationships.

**Just show up 😊! No sign-up or drop-in needed!**

**\*Limited space.**

#### **Join the Crowd: Improving Social & Communication Skills**

Oct 22, Nov 4  
1:00pm – 2:00pm

#### **Mind Vacation: Relaxation, Mindfulness, & Self-Care**

Oct 28, Nov 5  
1:00pm – 2:00pm

#### **UnBreak My Heart: Coping with an Intimate Partner Break-Up**

Oct 14, Oct 29, Nov 12  
1:00pm – 2:00pm

#### **Encouraging and Motivating Thy Self: The Power of Positive Thinking**

Oct 15, Nov 18  
1:00pm – 2:00pm

#### **Healthy Connections: Fostering Safe, Positive & Empowering Relationships**

Oct 21, Nov 19  
1:00pm – 2:00pm

For more information, contact the Group Coordinator, Dr. Angela L. Harris, Counseling and Psychological Services (CPS)

(740) 593-1616

• <http://www.ohio.edu/counseling/services/Group-Counseling.cfm>