



# Helping Kats C.O.P.E. Workshop Series (Fall 2017)

Helping you find ways to become more Centered, Optimistic, Productive, and Empowered

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**NO REGISTRATION REQUIRED. JUST SHOW UP FOR SOME QUICK TIPS!**

## **Calm Kats: The Art of Self-Care & Stress Management**

Life can be stressful! Learn skills on how to develop a self-care routine and manage stress during this 1-hour workshop.

- Wednesday, September 6<sup>th</sup> from 4pm-5pm (LSC Room 306)
- Tuesday, September 19<sup>th</sup> from 4pm-5pm (LSC Room 307)
- Tuesday, October 31<sup>st</sup> from 2pm-3pm (LSC Room 307)
- Monday, November 13<sup>th</sup> from 11am-12pm (LSC Room 307)
- Monday, November 27<sup>th</sup> from 11am-12pm (LSC Room 307)
- Friday, December 1<sup>st</sup> from 12pm-1pm (LSC Room 110)

## **Catching Better Zzz**

Tired of feeling tired? This 1-hour workshop is designed to help you learn how to improve your sleeping habits.

- Tuesday, September 26<sup>th</sup> from 2pm-3pm (LSC Room 307)
- Thursday, October 19<sup>th</sup> from 11am-12pm (LSC Room 302)
- Monday, November 20<sup>th</sup> from 1pm-2pm (LSC Room 307)

## **Developing Social Confidence**

Making friends can be challenging sometimes. This 1-hour workshop discusses strategies to help you feel more confident in your ability to develop and maintain relationships with others.

- Wednesday, August 30<sup>th</sup> from 1pm-2pm (LSC Room 307)
- Thursday, October 5<sup>th</sup> from 12noon-1pm (LSC Room 307)
- Tuesday, November 14<sup>th</sup> from 2pm-3pm (LSC Room 307)

## **Taming Your Temper**

Learn how to identify what makes you angry and tips on how to gain control over your anger during this 1-hour workshop.

- Monday, September 11<sup>th</sup> from 3pm-4pm (LSC Room 307)
- Wednesday, October 11<sup>th</sup> from 2pm-3pm (LSC Room 307)
- Monday, November 6<sup>th</sup> from 3pm-4pm (LSC Room 307)

## **Building Self-Esteem**

How we feel about ourselves can affect us on many different levels. Join us for this 1-hour workshop as we explore the ins and outs of self-esteem and learn ways to improve it.

- Wednesday, September 13<sup>th</sup> from 1pm-2pm (LSC Room 307)
- Tuesday, October 3<sup>rd</sup> from 2pm-3pm (LSC Room 307)
- Thursday, November 9<sup>th</sup> from 11am-12pm (LSC Room 302)

## **Overcoming Test Anxiety**

Learn how to identify the source of your test anxiety and build skills to help reduce it during this 1-hour workshop.

- Wednesday, September 20<sup>th</sup> from 2pm-3pm (LSC Room 307)
- Monday, October 16<sup>th</sup> from 3pm-4pm (LSC Room 307)
- Wednesday, November 29<sup>th</sup> from 2pm-3pm (LSC Room 307)

## **Healthy Relationships** (Hosted by the Montgomery County Women's Center)

Learn more about establishing healthy boundaries and improving communication with this 1-hour workshop.

- Every Wednesday from 3:30pm-4:30pm (Counseling Center)