Finals 2018
Resources:
Skills and Drop-in Groups.
No sign-up.

**MONDAY**
- **Mindfulness Practice Workshop**
  12:00 - 1:00 pm • CMH, Suite 304
- **Intro to Mindfulness for Beginners**
  12:00 - 1:00 pm • CMH, Suite 304
- **Let's Talk 1:1**
  2:30 - 3:30pm • STU 422
- **RA Drop-In Group**
  5:00 - 6:00pm • Engemann Trojan Conference Room

**TUESDAY**
- **Students of Color Drop-in Support Group**
  11-12pm • CMH, Suite 304
  Support navigating personal and interpersonal spaces
- **Let's Talk 1:1**
  2:30 - 3:30pm • Cinema Grad Student Lounge 249
- **Managing Mood**
  3:45-5:15pm • CMH, Suite 304
  Learning skills for anxiety, depression, shame or any other difficult emotion

**WEDNESDAY**
- **Feel Better Workshops**
  2-3pm • Engemann Trojan Conference Room
  12/5: Using Emotions Wisely
  12/12: Be Resilient and Thrive
- **Let's Talk 1:1**
  2:30 - 3:30pm • STU 422

**THURSDAY**
- **Feel Better Workshops**
  4-5pm • Engemann Trojan Conference Room
  12/6: Stress Management
  12/13: Managing Emotions
- **Let's Talk 1:1**
  2:30 - 3:30pm • STU 422

**FRIDAY**
- **Mindfulness Skills for Daily Living**
  12:00-1:30pm • CMH, Suite 304
  Learn mindfulness techniques to reduce stress and to build relation and well-being skills