Join us at the
Return to Campus Workshop Series
Tuesdays: Sept 7\textsuperscript{th}, Oct 5\textsuperscript{th} and Nov 2
6-7 pm
Facilitated by faculty from Counseling and Psychological Services
Email \texttt{bgoULD@wcupa.edu} or \texttt{yhe@wcupa.edu} to register

Come to one session or all three!
Talk with counselors and peers about your experience of being back on campus
Receive support in a community
Learn strategies for stress management
Workshops will be on Zoom
The Department of Counseling and Psychological Services presents

Perfectionism 101: Reclaiming Your Life with Mindfulness, Self-Compassion and Valued Action

This 3-week educational and skills-based workshop (via Zoom) will teach you about the psychology of perfectionism and introduce evidence-based coping strategies.

Week 1: Wednesday, September 22nd, 3-4 PM
Week 2: Wednesday, September 29th, 3-4 PM
Week 3: Wednesday, October 6th, 3-4 PM

Scan to register or learn more:

Or email: Arthur Dalton at adalton@wcupa.edu
The EVERYbody Project is a 2-part two hour workshop series that focuses on body image and eating concerns from an inclusive, social justice-oriented perspective which challenges deep-rooted societal messages we receive about appearance, attractiveness and beauty, our bodies, and weight.

This series recognizes that eating and body image concerns affect everyone, regardless of race, gender identity, sexual orientation, class, ability status, and size.

Registration is open to all students on RamConnect. Students must attend both sessions.