

Fall Virtual Mental Health Workshop

Opportunities for USG Students

These virtual workshops combine group meetings and support with exercises so you can apply what you learn.



Sleeping Soundly

Poor sleep can impact your grades, social life, and the quality of your education. Good sleep improves grades, happiness, and performance in many other areas. If you are having trouble getting a good night's sleep, take positive action: join Sleeping Soundly!

This **2-week workshop** meets:

Tuesday November 8th 2-3pm ET
Tuesday November 15th 2-3pm ET

Register here:

<https://faspsych.com/sleepingsoundlyusg.html>

Calming the Worried Mind

Everyone is anxious sometimes. Some people experience more anxiety than others. This workshop could be for you if you feel anxious about everyday situations, or if you want to remain calm before presentations or exams.

This **4-week workshop** meets:

Tuesday October 11th 6-7pm ET
Tuesday October 18th 6-7pm ET
Tuesday October 25th 6-7pm ET
Tuesday November 1st 6-7pm ET

Register here:

<https://faspsych.com/ctwmusg.html>

Support for ADHD

Do you have ADHD or do you have difficulty staying organized or getting things done? This workshop will help you organize your thoughts, behaviors, and feelings, identify your personal strengths, and will help you learn ways to get things done on time.

This **4-week workshop** meets:

Tuesday November 8th 6-7pm ET
Tuesday November 15th 6-7pm ET
Tuesday November 29th 6-7pm ET
Tuesday December 6th 6-7pm ET

Register here:

<https://faspsych.com/strategiesforadhdusg.html>

Dealing with Depression

Depression is one of the most common mental health conditions. If you have depression or you have experienced depression in the past and you want to learn ways to help if your symptoms return, this workshop is for you. You will learn ways to deal with depression symptoms so you can feel better.

This **4-week workshop** meets:

Tuesday October 11th 2-3pm ET
Tuesday October 18th 2-3pm ET
Tuesday October 25th 2-3pm ET
Tuesday November 1st 2-3pm ET

Register here:

<https://faspsych.com/depressionusg.html>

**These workshops are for students only.
Students from all USG institutions are invited to participate.**