

Counseling Center and Veteran Services

# Spring 2016 Workshops

## "Seeds of Success" Study Skills Workshop

2/11/16 -6-7:30pm Building 8-100

Mark Basinski

## Healthy Decision Making

2/11/16-3-4pm Building 3-115

Kelley Bennett

## Learning Styles

2/12/16-11am-12pm Building 3-115

Harry Pierre-Philippe

## Emotional Resiliency

2/26/16- 12-1pm Building 11-103

Shannon Glasgow

## "Mental Health 101"

3/16/16- 6-7pm Building 8-100

Shannon Glasgow

## "The Danger of a Single Story"

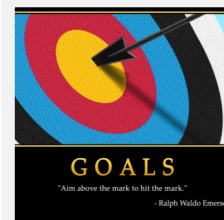
4/4/16- 2-3pm Building 3-115

Kara Kupinski

## Managing Anxiety and Depression

5/11/16 -12-1pm Building 11-231

Donna Burke and Harry Pierre-Philippe



**Monroe Community College**  
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