

Fall 2014 Workshops

9/18/14 “How To Find Balance in Your Busy Life”
2-3pm building 11-103 with Donna Burke

9/25/14 “Seeds of Success” Study Skills Work-
shop 6-7:30pm building 5-100 with Mark Basinski

10/9/14 “Alcohol 101: Making Safe and Respon-
sible Decisions” 12-1pm Empire Room building 3-
209 with Kelley Bennett

10/22/14 “Seeds of Success” Study Skills Work-
shop 6-7:30pm building 5-100 with Mark Basinski

11/11/14 “Stress 101: Understanding and Man-
aging Stress” 11am-12pm building 9-239 with Kara
Kupinski

12/3/14 “Staying Healthy During Finals” 12-1pm
building 3-130 (The Forum) with Shannon Glasgow



**Counseling, International
& Veteran Services**

MONROE COMMUNITY COLLEGE

**Building 3-103
585-292-2030**