

COUNSELING AND RESOURCE CENTER
PRESENTS:

Wellness Zoom Rooms

Come join us for some much needed self care!

Zoom Link: <https://us02web.zoom.us/j/7459401600>

Journaling for Wellness :

Mondays January 14th - February 14th 9:30A

Your Body and Mental Health :

Thursday January 20th 3:30P - 4:30P

Self Compassion / Mindfulness:

Mondays January 24th - March 7th 10:00A

Working Creatively with Procrastination :

Tuesday January 25th 1:30P - 2:30P

Anxiety and School Success:

Wednesday January 26th 3:30P - 4:30P

Distress Tolerance :

Wednesday February 9th 10:30A - 11:30A

Geek Therapy : Wednesday February 16th 11:30A - 12:30P

Burnout : Thursday February 24th 3:30P - 4:30P

Visit our website: edmonds.edu/counseling/

Check out our Youtube Channel: Edmonds Counseling