



## Reed College HCC Workshops Fall 2020

Workshop Topics	Dates & Times
<p><b>Thriving in Transition:</b> Jenni Leatham (50 min)            Now that you are back at Reed will you just survive or will you thrive through these times of transition? How are you adjusting during Covid? Is it what you expected and how are you adapting to the new normal? Let's talk about how to navigate health and wellness on this not normal campus. <a href="https://zoom.us/my/jennileatham">https://zoom.us/my/jennileatham</a></p>	September 15th @ 11am September 17th @ 3pm November 9th @ 3pm November 12th @ 11am
<p><b>CALM: An Anxiety and Worry Toolkit:</b> Michelle Berry (50 min)            Anxiety and worry are a normal part of life for most of us, but they become obstacles if they prevent us from reaching our goals. It doesn't have to be this way! Come learn the psychology of anxiety and develop a toolkit you can use to manage anxiety so you can get to a place of CALM. <a href="https://zoom.us/my/michelleberryzoomroom">https://zoom.us/my/michelleberryzoomroom</a></p>	September 22nd @ 3pm September 24th @ 9am October 27th @ 3pm October 29th @ 9am
<p><b>Mindfulness and Meditation: Improve the quality of your relaxation, sleep, concentration, and creativity:</b> Susan Metcalfe (50 min)            What is mindfulness?... a process not a destination. In this workshop you will learn exercises in becoming more mindful. We will practice a brief mindful meditation and you will gain the tools needed to continue on the path of mindfulness. <a href="https://zoom.us/my/susanmetcalfe">https://zoom.us/my/susanmetcalfe</a></p>	September 30th @ 3pm October 2nd @ 11am November 4th @ 3pm November 6th @ 11am
<p><b>Managing Emotions When Sh*t Hits the Fan:</b> Jenni Leatham (50 min)            Have you ever felt like your emotions are at a breaking point? Have you ever been in an emotional crisis and did not know how to handle the situation? Do you ever think "I wish I had some way to help manage my emotions"? This workshop will teach you specific skills that can make a very positive difference in your ability to handle difficult emotions. <a href="https://zoom.us/my/jennileatham">https://zoom.us/my/jennileatham</a></p>	October 6th @ 11am October 8th @ 3pm November 30th @ 3pm December 3rd @ 11am
<p><b>Helping Friends in Distress:</b> Michelle Berry (50 min)            Are you concerned about a friend and their mental well-being but don't know how to help? When students experience emotional and mental health difficulties, they are likely to turn to their friends first. This workshop will give you tools to feel less stressed and better prepared to intervene with your friends when they are in distress. <a href="https://zoom.us/my/michelleberryzoomroom">https://zoom.us/my/michelleberryzoomroom</a></p>	October 13th @ 3pm October 15th @ 9am November 17th @ 3pm November 19th @ 9am
<p><b>How to Navigate Grief and Loss:</b> Susan Metcalfe (50 min)            Are you in the midst of grief or struggling with a loss? In this workshop, you will learn the stages of grief and how we each navigate through them. You will learn what to do if you get stuck and how to adjust to your "new normal". <a href="https://zoom.us/my/susanmetcalfe">https://zoom.us/my/susanmetcalfe</a></p>	October 21st @ 3pm October 23rd @ 11am November 23rd @ 11am November 23rd @ 3pm