

Spring 2019

Well-Being Workshops

...Take Time for YOU...

Thursdays 11:30 a.m. -12:30 p.m.

Library 216

January 24	Assertiveness Training
January 31	Manage Your Stress, Before it Manages You
February 7	Intro to Mindfulness
February 14	Motivation
March 7	Three Keys to Relaxation
March 14	Happiness: Part 1
March 21	Happiness: Part 2

Free workshops & group sessions for CapU Students

Learn skills to achieve

Well-being, Success and Happiness

No Registration Required

All sessions are facilitated by a CapU Counsellor

Cap U free Counselling Services
and Appointments

Counselling office: 604.984.1744
or visit us in Birch Building, BR267

Calm
Clear
Connected

Mindfulness
Meditation

Sessions

Wednesdays

11:30 a.m.-12:15 p.m.
January 9-March 13
Birch Building, BR203

Drop in – No Experience
Necessary

**Counselling
and Learning Services**

www.capilanou.ca/student-life/support

