

Our single-session and multi-session workshops are offered throughout the year. Dates and locations are posted on our website.

If you wish to request one of our single session workshops outside of the workshop schedule (for example, for a classroom, meeting, or other pre-set gathering) we are happy to "bring the workshop to you"-- to make a request contact Elizabeth McCallion at [eam162@humboldt.edu](mailto:eam162@humboldt.edu) or (707)-826-3236.



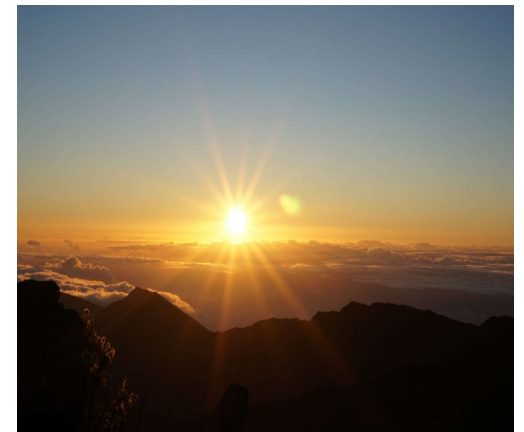
**For a list of our most current workshops and trainings, please visit our website:**

**[www.humboldt.edu/counseling](http://www.humboldt.edu/counseling)**

**Humboldt County Department of Health and Human Resources also offers several excellent trainings, particularly around suicide prevention, including QPR, ASSIST, and MHFA.**

**If interested, go to:  
[www.humboldt.gov.org/2074/Suicide-Prevention-Training](http://www.humboldt.gov.org/2074/Suicide-Prevention-Training)**

## **CAPS Workshops & Trainings by Request**



Would you like a CAPS therapist to give a mental health related workshop or training to your class, club, or organization on campus?

Noticing a mental health theme coming up with your students?

Need a sub for your class?

Contact CAPS Outreach Coordinator, Elizabeth McCallion at [eam162@humboldt.edu](mailto:eam162@humboldt.edu) with your request and provide at least 3 weeks notice.

## Available Workshops & Training Topics Include:

### Stress Management

We all have moments where life feels overwhelming, and many of us turn to unhealthy ways of coping (skipping classes, binge eating, Netflix marathon-ing, self-harming, excessively using alcohol or cannabis, etc.). This workshop will help you create your own customized list of healthy alternative coping skills to get you through your next rough patch on the road of life.

### Relationship Skills

We will be discussing what we want in relationships, and what is challenging. We will discuss communication and agreements. We will look at what we bring to relationships including our socialization, and our role models. We will look at ways to be allies to each other.

### Academic Concerns

Learn about how stress, procrastination, perfectionism, motivation, and concentration may be impacting your academic performance and gain tools for academic success.

### Mindfulness Meditation

In this easy introduction to mindfulness, you will learn some basic mindfulness meditation skills and briefly try them out in a fun, supportive setting. The best time to start is the present!

### Difficult Conversations

Do you avoid conflict? Feel stuck or frozen when it's time to let your needs be known? Are you looking to just be a better communicator? Whether it's at home, work, or school, we all need to have difficult conversations sometimes. It's not a matter of if, it's a matter of when and how. The more intentional you are about these conversations, the more likely they will happen when and how you prefer. The choice is yours!

### Self-Care

What ruffles your feathers and makes it difficult to remain engaged with yourself, others, and the world? Come learn about yourself and what might increase your stress and leave with a self-care plan to help manage that stress.

### Exploring Body Image

Do you want to be more positive about how you view your body and appearance? Are you curious why so many people struggle with body image? Come join us to learn ways to increase positive body image and explore the messages that teach us what "beauty" looks like.

### Sleep Hygiene

Sleep is essential to a healthy mind and body. In this workshop, you will learn about how lack of sleep can affect you, how much sleep you really need, and gain tips to improve your sleep habits.

### Managing Seasonal Affective Disorder

Learn about how seasonal changes can impact your mood and get some tips/tricks to create the best seasonal affect ever!

and more...

If there is a special topic you'd like presented, feel free to request it!