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

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.humboldtgov.org/2074/Suicide-Prevention-Training

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 with your request and provide at least 3 weeks notice.
Available Workshops & Training Topics Include:

**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!