

UNIVERSITY of
HOUSTON

DIVISION OF STUDENT AFFAIRS
Counseling & Psychological Services

**EVERY
WEDNESDAY
@ 12**

Free!

FALL 2013

Food for Thought Workshops

Success in College
September 4th

**Understanding Anxiety:
Signs, Symptoms and
Ways to Cope**
September 11th

**I'm Listening Honey!
Communication
Among Couples**
September 18th

**Learning How to Become
More Assertive**
September 25th
**moved to 3rd floor conference room*

**Tips for Developing
Positive Self-Esteem**
October 2nd

**Mind Over Mood:
Beating the Blues**
October 9th

**Stress Busters:
Tips for managing
mid-semester worry**
October 16th

Tips for Managing ADHD
October 23rd

**It's All the Rage:
Managing Anger**
October 30th
**moved to 3rd floor conference room*

**10 Ways to Cope with
Anxiety and Stress**
November 6th

**Real Men:
An Overview of
Men's Issues**
November 13th

**It's All the Rage:
Managing Anger**
November 20th

STUDENT SERVICE CENTER 1 CONFERENCE ROOM, 2ND FLOOR

713-743-5454

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