

# Campus Health Workshop Series

## Exploring Mental Health

**Tuesday, February 11th, 2025, 6:00PM – 7:30PM**

This 60–90–minute interactive workshop gives an overview of anxiety, depression, neurodivergence, and the associated stigma.

### [Zoom Link](#)

Meeting ID: 857 9447 3175

Passcode: 926604

---

## Improving Mental Well-Being

**Tuesday, February 18th, 2025, 6:00PM – 7:30PM**

In this 60-90-minute interactive workshop, we will discuss strategies to improve feelings of overwhelm and overall mental wellbeing.

### [Zoom Link](#)

Meeting ID: 849 4153 1604

Passcode: 270936

---

## Substance Use

**Tuesday, March 4th, 2025, 6:00PM – 7:30PM**

This 60-90-minute workshop will focus on the use of substances in post-secondary schools, as well as the supports that can contribute to recovery.

### [Zoom Link](#)

Meeting ID: 849 6005 5850

Passcode: 633202

---

## Getting Unstuck - Strategies for Overcoming Procrastination

**Tuesday, March 4th, 2025, 6:00PM – 7:30PM**

This 60-90-minute interactive workshop will focus on skills for improving time management.

### [Zoom Link](#)

Meeting ID: 824 6972 5152

Passcode: 691629

**Presented by Kelley Curtis Workshops are eligible for CCR credits.**

Pre-Registration is encouraged through [My Campus](#)

