

# Campus Health Workshop Series

## Exploring Mental Health

**Tuesday, September 30th, 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: 889 9705 0849

Passcode: 227262

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## Improving Mental Well-Being

**Tuesday, October 14th, 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: 833 8523 7456

Passcode: 584101

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## Substance Use

**Tuesday, November 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: 890 7797 6067

Passcode: 197288

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## Getting Unstuck - Strategies for Overcoming Procrastination

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

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

### [Zoom Link](#)

Meeting ID: 810 0074 8573

Passcode: 592095

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

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

