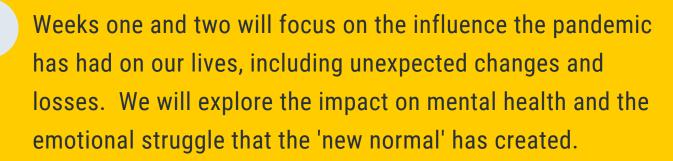


Counseling & Psychological Services (CAPS)

WEEKS ONE & TWO - JUNE 23 & 30

COVID-19: What happened?! Exploring Loss & Change



WEEKS THREE & FOUR - JULY 14 & 21

Accepting Present Realities: Taking Care of Me - Now

Weeks three and four will focus on adjusting to new ways of living, working, learning and connecting. We will explore how grounding in the present moment can calm fears, bring clarity and security, and lead to action steps for right now.

WFFKS FIVE & SIX - AUGUST 4 & 11

Growth & Recovery: Navigating Next Steps

Weeks five and six will focus on personal growth and lessons learned. We will explore dreams, goals and future pursuits while learning strategies to cope with fear, anxiety and uncertainty.

WE HOPE YOU'LL JOIN US

Seminars are FREE & Open to ALL SCSU Students
Meeting Time: 3:00 p.m. - Seminars are 60 minutes

Pre-registration is required - Call or Email CAPS

Seminars offered via private Zoom & Facilitated by CAPS Clinicians

Learn More: stcloudstate.edu/counseling or call 320-308-3171



