


# SUMMER OF CHANGE SERIES

Counseling & Psychological Services (CAPS)

## WEEKS ONE & TWO - JUNE 23 & 30


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



Weeks one and two will focus on the influence the pandemic has had on our lives, including unexpected changes and losses. We will explore the impact on mental health and the emotional struggle that the 'new normal' has created.

## 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.

## WEEKS 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](https://stcloudstate.edu/counseling)  
or call 320-308-3171

CHALLENGES + LEARNING = GROWTH

