



TROJAN HEALTH & WELLNESS FALL '23 WORKSHOPS



"BIG 5 ON CONSENT"

Discussion to promote awareness on mutual communication, respect, & understanding in intimate relationships.

9/12 Gateway @ 6pm
9/19 Quad I @ 6pm

"OH, YOU BIG MAD?!"

Discover effective conflict resolution skills to navigate disagreements constructively & find common ground in various aspects of life.

9/26 Foster 211 @ 4pm

"WINTER BLUES"

Learn how to better understand & manage your emotional well-being during darker months.

10/25 Foster 211 @ 4pm

"DEPRESSION & MEN"

Open conversations to discuss the experiences, stigmas, & coping strategies to better support men facing depression.

11/7 Seward @ 5:30pm

"WHAT THE GRIEF?"

Learn how to navigate the emotional journey of grief & foster resiliency with compassion & understanding.

11/8 Foster 200 5pm



**REGISTER
HERE**

