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