Empowered Voices
Women of color will explore issues of: family, roles, race, health, stress, sexism, beauty standards, sexuality, academics, healthy relationships, and vocational choices.
Tuesdays @ 4pm beg 9/29

Coming Out of Your Shell
Are you shy? Do you spend more time with friends online than in person? Learn how to feel at ease in social situations. Build skills to be your most confident self.
Tuesdays @ 2pm beg 9/29

Feeling Some Kind of Way?
Mondays @ 2:15 beg 9/28

Meditation Mondays
Spend a half hour just sitting. Meditation is a mind-body intervention which helps improve your mood, focus, concentration, memory, and productivity.
Monday @ 12:15 beg 9/28

Stress Less
School, romantic partner or family obligations getting you stressed? Feel torn in a million directions? Learn how stand up, de-stress and let go.
Thurs @ 11 am beg 10/1