

SPRING 2023

# VIRTUAL WORKSHOPS

## ALL YOU NEED IS LOVE (+ HEALTHY BOUNDARIES)

February 16, 2023  
3 PM

Register @ <https://cglink.me/2d7/r2022174>

Looking beyond hook-up culture, explore what it means to be in a healthy relationship. Learn about healthy and unhealthy relationships, boundaries, consent, and safe dating.



## LIFE HACKS: SEEING DEPRESSION THROUGH A NEW LENS

March 7, 2023  
3 PM

Register @ <https://cglink.me/2d7/r2022252>

Join CAPS as we discuss the difference between sadness and depression, the impact of culture, and new ways to cope.



## HAVING A BETTER RELATIONSHIP WITH ANXIETY

April 4, 2023  
3 PM

Register @ <https://cglink.me/2d7/r2022299>

Managing anxiety is an experience common to everyone and better understanding it can lead to healthier, more fulfilling lives and relationships. Come and explore what anxiety is, how you can understand its influence in your life, and how best to utilize the benefits of this often misunderstood emotion.



## ENTER BODY NEUTRALITY

February 23, 2023  
3 PM

Register @ <https://cglink.me/2d7/r2022319>

There is no right or wrong way to have a body. This workshop will help you learn ways to enter into a space of body appreciation and acceptance.



## WORKING AT YOUR BEST

March 23, 2023  
3 PM

Register @ <https://cglink.me/2d7/r2022267>

Learn strategies for increasing motivation and productivity.



## MANAGE STRESS FOR SUCCESS

April 13, 2023  
3 PM

Register @ <https://cglink.me/2d7/r2022281>

Learn more about stress, its impact on you, and tools to help you cope and manage through the tough times. We hope you can learn some useful ways that will help you go from stressin' to successin'!



For more Information:

<https://caps.gmu.edu/virtual-mental-health-workshops/>

To see the full list of events:

[https://mason360.gmu.edu/events?group\\_ids=26487](https://mason360.gmu.edu/events?group_ids=26487)

FOR MORE  
INFORMATION AND  
RESOURCES

703-993-2380

<https://caps.gmu.edu/>

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