

# Personal Counselling Services Summer 2023 Workshops and Events

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This summer, Seneca's Personal Counselling Services team is hosting workshops on various topics, including:

**Managing Stress Workshop** – Tuesday, June 20 from 11:30 a.m. to 12:30 p.m.

Join this virtual workshop to learn how to understand and manage stress in healthy ways.

Register via [Zoom](#).

**Build Your Own Emoji Stress Ball** – Thursday, June 22 from 2:30 to 4 p.m.

Attend this in-person activity to learn how to cope with stress while practicing a creative and fun strategy in the moment – making a stress ball!

No registration required.

Drop in at Newnham Campus in front of the Service Hub.

**Coping with Sadness Workshop** – Tuesday, July 11 from 3 to 4 p.m.

Join this virtual workshop to build an understanding of different types of low mood and how to practice effective self care during times of sadness.

Register via [Zoom](#).

**Developing Self-Esteem Workshop** – Wednesday, July 19 from 2:30 to 4 p.m.

Join this virtual workshop to learn strategies to manage your perception of yourself, gain inner strength, and maintain healthy self-esteem.

Register via [Zoom](#).

**Improve Your Sleep Workshop** – Wednesday, July 26 from 2 to 3 p.m.

Join this virtual workshop to learn about how much sleep you really need and how to get a restful sleep.

Register via [Zoom](#).

For questions email: [Natalie.george@senecacollege.ca](mailto:Natalie.george@senecacollege.ca) and/or  
[Euodia.leung@senecacollege.ca](mailto:Euodia.leung@senecacollege.ca)

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