

Virtual wellness workshop series now available

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Are you feeling stressed or overwhelmed? Are you looking for better life balance? Seneca's Personal Counsellors are offering a series of virtual wellness workshops to help you feel better and get the most out of life. Register for one or all of the workshops available.

Stress and Anxiety Workshop

Do you have a lot on the go? Feeling stressed out? Join Personal Counsellor and workshop facilitator Sue Furs, who will teach concrete strategies to help you cope.

Dates: Wednesday, March 8, Wednesday, March 29 and Wednesday, April 5

Time: 10:45 a.m.

Questions and registration: euodia.leung@senecacollege.ca

Coping With Sadness Workshop

Are you feeling sad or down? Are you no longer interested in the things that once made you happy? Although sadness is a normal part of life, it can be overwhelming. Join Personal Counsellor and workshop facilitator Ye Wang to learn coping strategies to move through the tough times in a healthy way.

Date: Wednesday, March 15

Time: 4 p.m.

Questions and registration: natalie.george@senecacollege.ca

Self-Esteem Workshop

Join Personal Counsellor and workshop facilitator Janelle Campbell to learn strategies to manage your perception of self, gain inner strength and maintain healthy self-esteem.

Dates: Wednesday, March 22 and Thursday, March 23

Time: 2:30 p.m.

Questions and registration: euodia.leung@senecacollege.ca

Sleep Workshop

Join Personal Counsellor and workshop facilitator Euodia Leung to learn how much sleep

you really need to perform optimally and how to get a restful sleep.

Date: Wednesday, April 5

Time: 2:30 p.m.

Questions and registration: euodia.leung@senecacollege.ca

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