

# 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](mailto: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](mailto: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](mailto: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](mailto:euodia.leung@senecacollege.ca)

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