



UCF

Counseling and Psychological Services

UNIVERSITY OF CENTRAL FLORIDA

Summer 2017 Workshops



From Stress to Success

WEEKLY WORKSHOP

June 14 • June 21 • June 28
July 5 • July 12 • July 19
July 26 • August 2
Wednesdays at 4:00pm



Improve Your Mood

WEEKLY WORKSHOP

June 13 • June 20 • June 27
July 11 • July 18 • July 25
August 1
Tuesdays at 4:00pm



Career Decision Making Made Simple: Knowing + Doing

June 27 • July 25
Tuesdays at 4:00pm



Finding Balance with DBT Skills

July 10 • July 17 • July 24 • July 31
Mondays at 1:00pm



Culture Sync: Come Together, Discover, Connect

June 29 • July 27
Thursdays at 4:00pm



Grief and Loss

July 11 • July 18 • July 25 • August 1
Tuesdays at 11:00am



Drum Your Stress Away

June 28 • July 5
Wednesdays at 12:00pm

All workshops are held at the Counseling and Psychological Services office/center.

For questions about accessibility or to request an accommodation, please contact us at (407) 823-2811. Space is limited. No appointment required.

For more information, visit caps.sdes.ucf.edu/groups

Division of Student Development and Enrollment Services