Communicating with Empathy: Practical Tools to Support Others

Mental Health Workshop

Presented by Athena Thomas of EveryMind as part of the *Be The One Series*, hosted by the Center for Counseling and Well-Being (CCW).

- Thursday, November 19, 2026
- 11:00 a.m.–12:00 p.m.
- **VIRTUAL WORKSHOP**
- Open to students, staff & faculty
- Certificate of completion provided

Learn how to communicate with empathy, better understand others' perspectives, and explore practical strategies to strengthen communication and support those around you.

PRE-REGISTER WITH THIS QR CODE

Email: roxannei@umd.edu

The Universities AT SHADY GROVE | Center for Counseling & Well-being | Hire U | Personal Well-Being