Improve Your Wellbeing Through Self-Care

The Mental Wellness Toolkit

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

Discover practical self-care strategies to support your mental well-being, manage stress, build resilience and create your own mental wellness toolkit.

PRE-REGISTER WITH THIS QR CODE

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