

FALL 2023



# Wellness Workshops

**S**ponsored by **Student Support & Wellness Services**, these wellness workshops help promote positive mental health and improved academics. When you feel better, you do better.

## SEPTEMBER

### Time Management and Procrastination

Thursday, 9/7 – 1:00 pm  
Fine Arts Building  
Mini Conference Room

### Suicide Awareness (virtual)

Tuesday, 9/19 – 5:30 pm  
<https://t.ly/41xys>



## OCTOBER

### Mental Health 101

Thursday, 10/5 – 1:00 pm  
Fine Arts Building  
Mini Conference Room

### Overcoming Test Anxiety (virtual)

Tuesday, 10/17 – 5:30 pm  
<https://t.ly/HCCcE>



## NOVEMBER

### Stress Awareness

Thursday, 11/2 – 1:00 pm  
Fine Arts Building  
Mini Conference Room

### Boundary Setting (virtual)

Tuesday, 11/14 – 5:30 pm  
<https://t.ly/CeWzT>



## Student Support & Wellness Services

Cortney Merritt, Wellness Counselor  
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