Feel Better Workshops. Every Thursday. Trojan Conference Room. Be There!
Open to ALL undergraduate & graduate students

These workshops are a great fit for anyone who would like to learn basic skills or consider new approaches to improve their ability to manage stress or cope with adversity. Workshops are taught by Counseling Services Staff. See our upcoming workshops (the same topics will repeat each month):

- 1st Thursday of the month: Stress Management
- 2nd Thursday of the month: Managing Emotions
- 3rd Thursday of the month: Calm Your Anxiety
- 4th Thursday of the month: Relationships & Connection
- 5th Thursday of the month: Addressing Academic Anxiety

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