

Living & Learning Workshops: Fall 2017

Presented by Santa Fe College
Counseling Center, R-227

TITLE	DATE	TIME	ROOM	PRESENTERS
Dealing with Uncertainty in a Changing World	Aug. 31 Thursday	1 p.m. to 2 p.m.	R-235	Angelica Suarez
Self-care for College Students	Sept. 8 Friday	2 p.m. to 3 p.m.	R-235	Dr. Ryan Barbeau
Peace of Mind in Times of Stress	Sept. 14 Thursday	1 p.m. to 2 p.m.	R-235	Dr. Lesley LeBaron
Career Planning for a Good Life	Sept. 21 Thursday	1 p.m. to 2 p.m.	R-235	Jimmy Yawn
Strategies to Improve Academic Focus	Sept. 28 Thursday	1 p.m. to 2 p.m.	R-235	Kimberley Smith
"Failing Well" ...Life Skills for Disappointments	Oct. 5 Thursday	1 p.m. to 2 p.m.	R-235	Anita Bussis
Exploring Cultural Diversity	Oct. 12 Thursday	1 p.m. to 2 p.m.	R-235	Angelica Suarez
Mastering Math Anxiety	Oct. 18 Wednesday	1 p.m. to 2 p.m.	R-235	Dr. Katey Arnold
Relationship Red Flags	Oct. 26 Thursday	1 p.m. to 2 p.m.	R-235	Dr. Naima Brown
Personal Safety	Nov. 2 Thursday	1 p.m. to 2 p.m.	R-235	SF Police Department
Food and Mood: What's the Connection?	Nov. 9 Thursday	1 p.m. to 2 p.m.	R-235	Casie Sellers-Bird
Meditation Made Simple	Nov. 16 Thursday	1 p.m. to 2 p.m.	R-235	Dr. Lesley LeBaron
Reducing Test Anxiety	Nov. 30 Thursday	1 p.m. to 2 p.m.	R-235	Steve Vutsinas
Stress Busters!	Dec. 7 Thursday	1 p.m. to 2 p.m.	R-235	Lara Zwilling

For more information please contact Casie Sellers-Bird at 352-395-4110, visit the Counseling Center in R-227 or online at sfcollege.edu/counseling.



The Counseling Center's Living & Learning Workshop Series is presented with the cooperation of the Career Resource Center, Disabilities Resource Center, SF Police Department, International Student Services, and the Math and Social and Behavioral Sciences Departments.

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