

tuesday
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seven

Spring 2025 Workshops

Held on Tuesdays at 7PM online
or across campus

Presented by Counseling Center
Paraprofessionals
Students Helping Students

Tues, Jan 28 / Zoom Workshop*

Homesickness: Feeling at Home Away from Home

Tues, Feb 4 / Zoom Workshop*

Blue's Clues for Mental Health: Navigating the Winter Blues

Tues, Feb 11 / Zoom Workshop*

Once Upon a Self-Love Story: Building a Better Relationship with Yourself

Tues, Feb 18 / Zoom Workshop*

The Great British Self-Care Bake Off: the Recipe for Success in Self Care

Tues, Feb 25 / BIF Success Lab

Speaking from the Heart: How to Have Conversations about Suicide

Tues, March 4 / 116 La Casa

Stay Lucky, Stay Safe: Responsible Substance Use Tips

Tues, March 11 / 114 Huff Hall

Unplugged & Unbothered: Finding Freedom from FOMO

Tues, March 25 / 106B3 Engineering Hall

Backpack Backpack: Tools for Coping with Stress & Anxiety

Tues, April 1 / BNACC Multipurpose Room

Emotional Baggage Claim: Unpacking Your Feelings

Tues, April 8 / 192 Education Bldg

Procrastination Station: All Aboard the Time Management Train

Tues, April 15 / 1064 Lincoln Hall

Turning the Page: Embracing New Chapters After Relationship Loss

Tues, April 22 / AACC Lounge

Finding Balance: Where Work Ends and Life Begins

Tue, April 29 / Zoom Workshop*

Under Pressure: Navigating the (Stress of) Post-Grad Future

Tue, May 6 / Zoom Workshop*

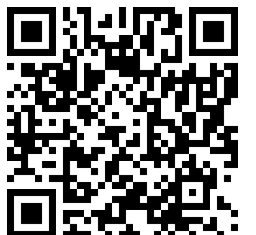
Finals Survival Kit: Strategies to Ace the Stress

***To access Zoom Tuesday @ 7 workshops
use the following ID and password:**

Zoom ID: 863 0232 2916

Password: T@7

Please make sure you're logging in with your Illinois Net ID and password.



Student Affairs

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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counselingcenter.illinois.edu/workshops/tuesday-7

