



COUNSELING SERVICES FALL WORKSHOPS



WORKSHOP #1 ADJUSTING TO A NEW SOCIAL COMMUNITY

"Fall" into Healthy Ways of
Being Your Best Self

HIGHLIGHTS

✓ Discuss how to embrace and overcome feelings of fear & homesickness

✓ Learn how to navigate having more independence as an emerging adult

✓ Explore and learn about the different ways you can get involved on campus

GOAL: Come learn helpful ways to get out of your comfort zone and embrace meeting diverse groups of people across campus!

**August 30, 2023 at 4:15pm in the DEIB Center
(Across from the Radio Station)**

Snacks will be provided

CounselingServices@mountunion.edu