



Date	Topic	Location
September 8, 2017, 2pm - 4pm	Coping with Anxiety: This workshop explains anxiety and provides tips for coping with it.	CAT 213
October 27, 2017 2pm - 4pm	Finding your purpose: This workshop addresses the need for finding your purpose through goal setting and dealing with your personal challenges first.	CAT 213
November 17, 2017 2pm - 4pm	Nurturing Resiliency: This workshop addresses the unspoken rules of society and showcases the beauty of nurturing the resiliency that exists in low income communities	CAT 213

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