

# UNIVERSITY COUNSELING CENTER WORKSHOPS

## **CAMPUS CONNECTIONS:**

Feeling lonely, having difficulty adjusting to a socially distant campus or remote learning? Looking to connect with others and receive support and resources from the UCC?

**Wednesdays 3pm-4pm**

**Facilitated by:**

**Ashley Bobak, UCC Therapist**

## **STRESS 101:**

Feeling stressed, anxious, or overwhelmed? Looking for strategies or resources to understand how to better cope with the difficulties that you are facing?

**Thursdays 3pm-4pm**

**Facilitated by:**

**Francine Caldwell, UCC Therapist**

Questions and to obtain link to workshops:

**Call: 412-392-3977**

**Email: [Counseling@pointpark.edu](mailto:Counseling@pointpark.edu)**

**FREE**

**ONLINE**

**OFFERED  
WEEKLY**

**AVAILABLE TO  
ALL STUDENTS**

**NO SCHEDULING  
NECESSARY**

**JUST DROP IN**