



# COPING SKILLS WORKSHOPS

— *FOR FIRST-YEAR RESIDENTIAL STUDENTS* —

## LEARN TO MANAGE STRESS & EMOTIONS

- Coping Strategies
- Emotional Regulation
- Mindfulness Skills

## JOIN OUR WEEKLY GROUP SESSIONS



Every 2nd & 4th Tuesday  
February 10 & 24 | March 3 & 24 | April 14 & 28



Each Session Starts at 6 p.m.  
Meals Provided



Azalea Hall Conference Room

SCAN TO  
SIGN UP



NEED MORE  
INFORMATION?

Call MSU Student Counseling Services at  
662.325.2218 or  
visit our office in 115C Hathorn Hall.

These workshops are part of the  
Regulation=Matriculation Project, funded by the Bulldog  
Success Grant.