



MISSISSIPPI STATE UNIVERSITY™
STUDENT COUNSELING SERVICES

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.*