

FALL 2026 WORKSHOP SERIES

Ready to feel more focused, balanced, and supported this semester?

Join City Tech's Student Wellness & Counseling Center for the Fall 2026 Workshop Series designed to help you build habits for academic & personal success.

All workshops are on Zoom from 1-2 PM!

Register below!



✉ counseling@citytech.cuny.edu

📞 718-260-5030

📍 Namm Hall N-108

September 15	Dreams & Desires	<u>Register Here</u>
September 22	Time Management	<u>Register Here</u>
September 24	City Tech Essentials	<u>Register Here</u>
October 15	Prioritizing Mental Health	<u>Register Here</u>
November 5	Boundaries & Balance	<u>Register Here</u>
November 19	Understanding Depression	<u>Register Here</u>
December 2	Mindful Study Skills	<u>Register Here</u>