

# Counseling Services Center

Visit Counseling Services for one of our workshops Thursdays at 1:00 PM. Register for one or all of these workshops – free to all City Tech students!  
Join either by Zoom via the QR code or in-person.

**Thursday, 2/27/25: Healing Circle.** In-Person

Share experiences and learn techniques about self-care and well-being. Rm A-105

**Thursday, 3/13/25: Mindful Study Techniques** [Register Here.](#)

Learn how to focus as you prepare for mid-terms with simple mindfulness strategies.

**Thursday, 3/20/25: Healing Circle** In-Person

Share experiences and learn techniques about self-care and well-being. Rm A-104

**Thursday, 3/27/25: Preparing for Next Semester** [Register Here.](#)

Learn how to prepare for next semester (How to enroll in classes, change majors, and more)

**Thursday, 4/3/25: Healthy Communication** [Register Here.](#)

Learn techniques to help you engage with others and achieve better understanding.

**Thursday, 4/10/25: Understanding Anxiety** [Register Here.](#)

Learn about anxiety symptoms and strategies to manage them effectively.

**Thursday, 4/24/25: Healing Circle** In-Person

Share experiences and learn techniques about self-care and well-being. Rm A-105

**Thursday, 5/8/25: Mindful Study Techniques** [Register Here.](#)

Learn how to focus as you prepare for finals with simple mindfulness strategies.

**Thursday, 5/15/25: Healing Circle** In-Person

Share experiences and learn techniques about self-care and well-being. A-209

**Room:** N-108

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