

Counseling Services Center

Visit [Counseling Services](#) for our weekly 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, 9/5/24: City Tech Essentials [Register Here.](#)

Start your college journey with key insights and tips to navigate City Tech successfully.

Thursday, 9/19/24: Time Management Tactics [Register Here.](#)

Learn strategies to prioritize tasks and boost productivity for academic success.

Thursday, 10/10/24: Prioritizing Mental Health [Register Here.](#)

Discover resources and tips to maintain a positive mental health journey in college.

Thursday, 10/24/24: Mid-Semester Support [Register Here.](#)

Join a supportive discussion to share experiences and connect with fellow students.

Thursday, 11/7/24: Communication Mastery [Register Here.](#)

Develop effective communication skills to enhance your relationships.

Thursday, 11/21/24: Understanding Depression [Register Here.](#)

Learn about depression symptoms and strategies to manage them effectively.

Thursday, 12/5/24: Mindful Study Techniques [Register Here.](#)

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

Room: **N-108**

Telephone: **718-260-5030**

Email: counseling@citytech.cuny.edu

