

SPRING 2026 WORKSHOP SERIES

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

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



✉ counseling@citytech.cuny.edu

📞 718-260-5030

📍 Namm Hall N-108

February 5	1-2pm	City Tech Essentials Register Here
February 17	1-2pm	Time Management Register Here
March 12	1-2pm	Prioritizing Mental Health Register Here
March 19	1-2pm	College Readiness Register Here
March 26	1-2pm	Understanding Anxiety Register Here
April 16	1-2pm	Boundaries & Balance Register Here
April 21	1-2pm	Mindful Study Skills Register Here
April 23	1-2pm	Wellness Trivia
May 7	All Day	Mental Health Screening Day