

Spring 2018

# COUNSELING SERVICES

## health + wellness calendar



THE UNIVERSITY of  
NEW ORLEANS

**Events are open to all UNO students! No registration necessary, just show up!**

Wed, Jan 31	12:30-1:30 pm	Student Success Center (Library 1st floor)	<b>Catch Up with Counseling Services</b> Grab a cup of coffee, meet the staff and hear about the awesome programs we have going on this semester.
Mon, Feb 5	12:30-1:30 pm	UC 212	<b>Mindfulness Meet-Up</b> Connect with students and learn new skills. Join us at one of our meet-ups on the first Monday of every month. Today's meet-up will focus on mindfulness. Mindfulness can help reduce stress and improve well-being. No prior experience required.
Wed, Feb 7	12:00-1:00pm	UC 208	<b>Career Assessment &amp; Exploration Workshop</b> This workshop will help clarify who you are and what your strengths are. Learn about various assessments and explore careers that match your personality type, skills, interests, and values.
Thurs, Feb 8	12:30-1:30 pm	UC 206	<b>Mardi Gras From Behind the Bar</b> Grab a slice of king cake and chat with local bartenders about how to stay safe this carnival season!
Mon, Mar 5	12:30-1:30 pm	UC 212	<b>Healthy Relationships Meet-Up</b> Connect with students and learn new skills. Join us at one of our meet-ups on the first Monday of every month. Today's meet-up will focus on defining and identifying characteristics of healthy and un-healthy relationships.
Wed, Mar 21	12:00-1:30 pm	UC North Patio (between UC and Recreation and Fitness Center)	<b>Alcohol Screening</b> April is Alcohol Awareness Month. Come take a screening, learn about resources, and enjoy FREE pizza!
Thurs, Mar 22	12:30-1:30 pm	UC North Patio (between UC and Recreation and Fitness Center)	<b>Healthy Happy Hour</b> Join Counseling Services and community partner Footprints to Fitness for a fitness class followed by free samples and lessons about how to stay balanced and well!
Mon, Apr 2	12:30-1:30 pm	UC 212	<b>Mental Health and Stigmas Meet-Up</b> Connect with students and learn new skills. Join us at one of our meet-ups on the first Monday of every month. Today's meet-up will focus on exploration of mental health & stigmas.
Wed, Apr 25	12:30-1:30 pm	Library Breezeway	<b>Stress-Free Spring</b> Stressed about finals? Learn strategies aimed at reducing stress and creating a more balanced lifestyle.

For disability-related accommodations or questions about any of these events, please contact:  
Nina Stewart, Counselor & Coordinator of Outreach at 504-280-6683 or [alstewa1@uno.edu](mailto:alstewa1@uno.edu).