

# Counseling and Psychological Services

## Mental Health Discussion Series

### Spring 2020



We know GW students are busy. We also know that students can gain benefits from attending just a few short well-being workshops, so we created the Mental Health Discussion Series (MHDS). The MHDS is a weekly, hour-long discussion designed for students to collectively meet with a counselor and discuss various topics.

Whether you struggle with your own well-being or are a concerned GW community member, you are welcome to drop into this free group discussion – [no registration required!](#) Attend one, some, or all of the sessions.

For further information or questions, please contact us at [counsel@gwu.edu](mailto:counsel@gwu.edu).

Every Wednesday | 4-5PM | Virtual Sessions via Webex

### April 15

Managing Time Efficiently and Staying Motivated During COVID-19

<https://gwu.webex.com/meet/jmcintosh>

### April 22

Sleep in the Midst of COVID-19

<https://gwu.webex.com/meet/tworm>

### April 29

Overcoming Loneliness

<https://gwu.webex.com/meet/wmaxhd>

### May 6

Self-care and Stress Management

<https://gwu.webex.com/meet/sblount34>

### May 13

Coping with Disappointment

<https://gwstudent.webex.com/meet/bfulton>

#### COUNSELING AND PSYCHOLOGICAL SERVICES

Colonial Health Center  
Marvin Center, Ground Floor  
800 21st Street, NW | Washington, DC 20052

📞 202 - 994 - 5300

✉️ [counsel@gwu.edu](mailto:counsel@gwu.edu)

🌐 [healthcenter.gwu.edu](http://healthcenter.gwu.edu)



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WASHINGTON  
UNIVERSITY  
WASHINGTON, DC