



SNU Faculty & Staff Workshops

Workshops Overview

All workshops are **FREE** and are psychoeducational in nature. This means that attendees are not required to share feelings or talk about personal experiences; rather, these workshops are geared toward providing attendees with education about select psychological concepts. Below is the schedule for the fall. All groups occur at Renew Counseling Center. We have a new location on the northside of campus ([google map link here](#)). The address is 6710 Northwest 43rd Street in the Imel East Building. If you would like to sign up for a group, please email or call our business manager Denise Davis at renew@mail.snu.edu or (405) 717-6200 and she will get you signed up.

All workshops are **FREE** and 4 weeks in duration. Workshops occur from **1 p.m. to 2 p.m.** at [Renew Counseling Center](#)

September 11th, 2023 - October 5th, 2023

Monday - Recognizing Mental Health Distress in Your Students

Tuesday - Active Listening Skills

Wednesday - Good versus Bad Anxiety

Thursday - Suicidal Ideation and Intervention

October 9th, 2023 - November 2nd, 2023

Monday - Managing Work Burnout

Tuesday - Sleep Skills 101

Wednesday - Good versus Bad Anxiety

Thursday - Psychological Skills 101

November 6th, 2023 - December 7th, 2023

Monday - Understanding Addictive Behaviors

Tuesday - Relational Conflict and the Holidays

Wednesday - Learning to be Psychologically Flexible

Thursday - Understanding and Treating Depression

Call (405) 717-6200 or email us at renew@mail.snu.edu to sign up.