



SNU Undergraduate Students Psychoeducation Information Sessions

Psychoeducation Information Sessions Overview

All information sessions are **FREE** and are psychoeducational in nature. This means that attendees are not required to share feelings or talk about personal experiences; rather, these “sessions” 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 information sessions are **FREE** and 4 weeks in duration. Information sessions occur from **7 p.m. to 8 p.m.** at [Renew Counseling Center](#)

September 11th, 2023 - October 5th, 2023

Monday - Psychological Skills 101

Wednesday - Developing Healthy Relationships

Thursday - Pre-Marital Boot Camp

October 9th, 2023 - November 2nd, 2023

Monday - How to Study Effectively

Wednesday - Sleep Skills 101

Thursday - Good versus Bad Anxiety

November 6th, 2023 - December 7th, 2023

Monday - What's your Personality Type?

Wednesday - Understanding Addiction

Thursday - Learning to be Psychologically Flexible

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