

# PRIORITIZE YOUR MENTAL HEALTH...



## COLLEGE WELLNESS WORKSHOP



This workshop is designed to equip students with the skills needed to build resilience, develop emotional intelligence, and create a healthier mindset to ensure a smooth college transition.

### What is College Wellness?

- Identifying and Managing Stress & Anxiety
- Coping Strategies for Everyday Life
- Building Healthy Habits and Routines
- Communication and self-advocacy
- Managing stress
- Roommates and relationships
- Building a strong support system

**SCHEDULE  
1-10  
SESSIONS  
THIS  
SUMMER!**



25 West Union Street, Suite 204  
Ashland, MA  
[BennettABCforChildren.com](http://BennettABCforChildren.com)

**Availability Monday-Friday  
Morning or Early Afternoon  
1-hour sessions  
1:1 with a Licensed Social Worker  
Cost: \$175/hour**