

Sponsored by the International Center

& Counseling and Mental health services

Workshop for international students:
Overcoming negative thoughts and
self-judgment
by Euna Oh, Ph. D.



*Attending this workshop
can help you:*

- Cope with feelings of depression or anxiety*
- Commit to what you care about*
- Overcome lack of self-confidence*
- Learn mindfulness and acceptance*

**Date: Friday
February 17, 2012**

**Time:
12:30pm to 2pm**

**Location:
Dowling 745B**

**RSVP:
[Go Online >](#)**

Lunch is provided

