Penn State Counseling and Psychological Services (CAPS) is pleased to offer student Workshops this Fall! These hour-long opportunities are designed to help you make the most of your college experience, decrease your stress and help you build skills for greater personal success. You do not need to be a CAPS client to attend, all students are welcome! Please call (814) 863-0395 to learn more about our workshop program or contact Natalie Hernandez DePalma, Ph.D. (Groups Coordinator) at nhd110@psu.edu or Mary Anne Knapp (Outreach Coordinator) at mak5@psu.edu.

All programs are located in the Student Health Center (SHC)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Program</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, October 17th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Self-Compassion</td>
<td>Laura Briscoe, Ph.D.</td>
</tr>
<tr>
<td>Tuesday, October 18th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 402 SHC</td>
<td>Assertiveness</td>
<td>Natalie Hernandez DePalma, Ph.D.</td>
</tr>
<tr>
<td>Wednesday, October 19th, 2016</td>
<td>3:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Wellness</td>
<td>Caitlin Chun-Kennedy, MS</td>
</tr>
<tr>
<td>Monday, October 24th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Test Anxiety</td>
<td>Shannan Smith Janik, Ph.D. and Emily Jackson, MA</td>
</tr>
<tr>
<td>Tuesday, October 25th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 402 SHC</td>
<td>Managing ADHD</td>
<td>Jordan Barnard, Psy.D.</td>
</tr>
<tr>
<td>Wednesday, October 26th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Resilience</td>
<td>Sarah Watson, MA</td>
</tr>
<tr>
<td>Monday, October 31st, 2016</td>
<td>4:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Mindfulness</td>
<td>Han Wingate, MA, MFT</td>
</tr>
<tr>
<td>Tuesday, November 1st, 2016</td>
<td>4:00 p.m.</td>
<td>Room 402 SHC</td>
<td>Getting the Sleep You Need</td>
<td>Natalie Hernandez DePalma, Ph.D.</td>
</tr>
<tr>
<td>Wednesday, November 2nd, 2016</td>
<td>3:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Anxiety</td>
<td>Ashley Stauffer, MS</td>
</tr>
<tr>
<td>Monday, November 7th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Mindfulness</td>
<td>Paul Carswell, LPC &amp; Emily Jackson, MA</td>
</tr>
<tr>
<td>Tuesday, November 8th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 402 SHC</td>
<td>Healthy Relationships</td>
<td>Desiree Howell, Ph.D.</td>
</tr>
<tr>
<td>Wednesday, November 9th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Stress Management</td>
<td>Mary Anne Knapp, LCSW</td>
</tr>
<tr>
<td>Monday, November 14th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Self-Compassion</td>
<td>Laura Briscoe, Ph.D.</td>
</tr>
<tr>
<td>Tuesday, November 15th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 402 SHC</td>
<td>Assertiveness</td>
<td>Natalie Hernandez DePalma, Ph.D.</td>
</tr>
<tr>
<td>Wednesday, November 16th, 2016</td>
<td>3:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Wellness</td>
<td>Caitlin Chun-Kennedy, MS</td>
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<tr>
<td>Monday, November 28th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Test Anxiety</td>
<td>Emily Jackson, MA &amp; Shannan Smith-Janik, Ph.D.</td>
</tr>
<tr>
<td>Tuesday, November 29th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 402 SHC</td>
<td>Helping Friends in Need</td>
<td>Cathie St. Andrews, LCSW</td>
</tr>
<tr>
<td>Wednesday, November 30th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Resilience</td>
<td>Sarah Watson, MA</td>
</tr>
<tr>
<td>Monday, December 5th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Mindfulness</td>
<td>Han Wingate, MA, MFT</td>
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<tr>
<td>Tuesday, December 6th, 2016</td>
<td>4:00 p.m.</td>
<td>Room 402 SHC</td>
<td>Stress Management</td>
<td>Mary Anne Knapp, LCSW</td>
</tr>
<tr>
<td>Wednesday, December 7th, 2016</td>
<td>3:00 p.m.</td>
<td>Room 204/205 SHC</td>
<td>Anxiety</td>
<td>Ashley Stauffer, MS</td>
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</tbody>
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