

## Summer 2024 Counseling Seminars

Log in to Cougar Connect for details.

[collin.campuslabs.com/engage/events](https://collin.campuslabs.com/engage/events)



### Self-Caring - Virtual

**Wednesday, June 19, 11:30-12:30 p.m.**

Self-care is the practice of creating intentional time and space to reduce stress and enhance your overall well-being. Learn how to prioritize self-care so that you can keep managing your time, emotions, and relationships in a healthy way!

### Healthy Relationships- Virtual

**Thursday, June 27, 1-2 p.m.**

Explore the differences between healthy and unhealthy relationships.

### Mindful Meditation and Grounding Techniques –Virtual

**Tuesday July 9, 9-10 a.m.**

Explore mindfulness and living in the moment to relieve stress and anxiety.

### How Can I Stop Procrastinating? - Virtual

**Wednesday, July 24, Noon-1 p.m.**

Are you struggling to get things done? Learn how to break the cycle of procrastination and increase productivity.

## TimelyCare

TimelyCare provides 24/7 telehealth support to all Collin students at no cost. Services include:

- **TalkNow:** 24/7, on demand mental health support
- **Scheduled Counseling:** 45 minute appointments with a licensed counselor
- **Psychiatry services** with a referral

Visit [timelycare.com/collincollege](https://timelycare.com/collincollege)

