

Dear Students,

We are excited to announce a series of workshops offered by the Student Counseling Services to support your mental health and well-being.

Upcoming Workshops:

- **Stress Management Techniques**
Date: October 15, 2023
Time: 3:00 PM - 4:30 PM
Location: Room 101
- **Mindfulness and Meditation**
Date: October 22, 2023
Time: 1:00 PM - 2:30 PM
Location: Room 102
- **Effective Time Management**
Date: October 29, 2023
Time: 4:00 PM - 5:30 PM
Location: Room 203

Please register for the workshops by [clicking here](#). Spaces are limited, so be sure to sign up early!

If you have any questions, feel free to contact us at counseling@school.edu.

We look forward to seeing you there!

Best Regards,
The Student Counseling Services Team