

# Mental Health Mondays

Mondays in December  
12:00-12:25pm

(12/2, 12/9, 12/16, 12/23, 12/30)

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MONDAY, DECEMBER 2ND, 12:00-12:25PM

## COUPLES WELLNESS

In this expert led seminar, learn the keys to successful long-term partnerships. Discover ways to grow through stress, communicate with respect and nurture each other's strengths to bolster your partnership.

MONDAY, DECEMBER 9TH, 12:00-12:25PM

## REMOVING THE STIGMA FROM MENTAL HEALTH

The stigma around mental health can be scary. In this expert led seminar, we will debunk common mental health myths, assumptions, and misconceptions to remove the stigma around caring for your mental health!

MONDAY, DECEMBER 16TH, 12:00-12:25PM

## OVERCOMING PROCRASTINATION

People are working more with less efficiency and procrastination is the main culprit. Learn the three types of procrastination and the scientific tools to overcome with resilience, confidence, and a true sense of balance.

MONDAY, DECEMBER 23RD, 12:00-12:25PM

## EFFECTIVE COMMUNICATION

Communication is key to lasting relationships and overall well-being. In this expert led seminar, learn strategies to improve your ability to effectively communicate to have more successful and productive conversations.

MONDAY, DECEMBER 30TH, 12:00-12:25PM

## CHALLENGING PERFECTIONISM

Perfectionism is much more common than we think and can cause us to feel stuck and unproductive. Join us to learn about the common misunderstandings of perfectionism and walk away with strategies to get unstuck today!

