OUTREACH PROGRAMS

CENTER FOR COUNSELING & WELL-BEING (CCWB) PROGRAMS:

- Intro to CCWB
- Total Wellness
- QPR (Suicide Prevention)
- Bystander Intervention
- Substance Use/Abuse
- Sexual Health
- Trauma
- Anger Management
- Self-Care
- Mental Health First Aid

To schedule a presentation for your class, please fill out the Presentation Request form that can be found at https://orgsync.com/11765/forms/208257

UCO PEER HEALTH LEADER PROGRAMS:

- Time Management for College Students
- Stress Management in a Stressful World
- Healthy Relationships
- Eating Well in College
- True Colors Personality Style
- Sex Ed
- Wellness Myths vs. Facts
- Body Image
- Total Wellness

To schedule a presentation with a Peer Health Leader, please fill out the Presentation Request form that can be found at https://orgsync.com/47517/forms/208263
For additional assistance, contact the Office of Institutional Effectiveness at 405.974.3514.