#BeWellBronchos

**FALL 2020 PROGRAMS**

**CENTER FOR COUNSELING AND WELL-BEING**

www.uco.edu/healthyhooves

uoccwb@uco.edu
405-974-2215

---

**SELF-HELP**

**TAO Connect | thepath.taoconnect.org**
An interactive, web-based program that provides guided activities to help overcome stress, anxiety, depression and other concerns.

**Learn Ways to Support a Friend | ok.kognito.com**

---

**WORKSHOPS - REGISTER HERE:** [http://uco.co1.qualtrics.com/jfe/form/SV_9uU0Z0UjFVOkqGN](http://uco.co1.qualtrics.com/jfe/form/SV_9uU0Z0UjFVOkqGN)

**Every Day**

**Superbetter in Quarantine - 4 p.m. | Gamify your life and “Unlock your heroic potential to achieve goals that matter most” using the SuperBetter app. (for Bronchos in COVID quarantine)**

**Mondays**

**#METOO - 1 p.m. | Safe and confidential space for female-identified survivors of sexual assault or any form of sexual abuse. to feel supported, empowered and validated**

**The Mindful 8 - 3:30 p.m. | 15 minutes of skills for better concentration, sleep and stress management.**

**Tuesdays**

**SMART Recovery - NOON | Maintain motivation for coping with urges and managing thoughts, feelings and behaviors.**

**Relationship Builder 101 - 4 p.m. | Learn about what makes relationships tick, they also work toward building. their own sense of confidence and security.**

**Wednesdays**

**TRAUMA Recovery - 2 p.m. | Build understanding of trauma and increasing coping strategies to manage symptoms.**

**Live Your Best Life (DBT Group) - 3 p.m. | Manage your emotions, help yourself through difficult times, develop mindfulness, and improve your relationships. New skills each week that you can use in your daily life.**

**Thursdays**

**Virtual Stress Paws**

**Friday**

**Yoga for Emotion Regulation - 1 p.m.**

---

**COUNSELING**

**Virtual Walkin - uco.titaniumhwc.com**
Request an appointment with Same Day Access for Counseling Services.

**How to Telehealth in 5 Easy Steps**