

#BeWellBronchos

FALL 2021 PROGRAMS

CENTER FOR COUNSELING AND WELL-BEING



www.uco.edu/healthyhooves

SELF-HELP

ucocwb@uco.edu
405-974-2215

TAO Connect | us.taoconnect.org/register

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

The Superpower of Sleep! | Mondays 4:00 - 5:00 pm - Thatcher 339 (in person)

Join this group to become "sleep smart", develop healthy sleep habits and increase your knowledge about how sleep impacts our overall well-being and academic success.

Stand with PRIDE | Tuesdays 3:00 - 4:00 pm - Thatcher 339 (in person)

Safe and friendly group sessions for individuals who are within or testing the waters of the LGBTQ+ community. Meet, chat and grow in the comfort of this environment with focus on various topics around sexuality, gender and other life issues.

Trauma Recovery | Wednesdays 2:00 - 3:00 pm - Thatcher 339 (in person)

Build understanding of trauma and increasing coping strategies to manage symptoms.

(Men)tal Fitness | Wednesdays 3:00 - 4:00 pm - Thatcher 339 (in person)

A space for those who identify as male to share conversations around relationships, self motivation, culture and identity, challenging behaviors, hopes and dreams, managing daily life and other topics surrounding masculinity.

Live Your Best Life (DBT Group) | Wednesdays 3:00 - 4:00 pm (virtual meeting)

Want to manage your emotions, navigate stressful times, increase positive experiences and improve your relationships? Learn a new skill each week to help you live your best life!

The Mindful 8 | Thursdays 12:30 - 1:00 pm - Thatcher 339 (in person)

Engage in a series of mindfulness-based exercises to reduce overall tension and enhance the ability to achieve an ongoing mindfulness practice.

SMART Recovery at UCO | Fridays 11:00 am - 12:00 pm - Thatcher 339 (in person)

A peer support group focused on learning about evidence-based behavioral change strategies to replace unhealthy or addictive habits.

The Social Club | Fridays 12:00 - 1:00 pm - Thatcher 339 (in person)

A social skills club for young adults who find navigating social life in college difficult." And remove the second sentence.

COUNSELING

Get Started @ - uco.titaniumhwc.com - Request an appointment with Same Day Access for Counseling Services.



UNIVERSITY OF CENTRAL OKLAHOMA
HEALTH PROMOTION



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