**Stressed? Overwhelmed?**
Just want to feel a little better?
Show up for some quick tips! No registration required!

<table>
<thead>
<tr>
<th>CALM KATS</th>
<th>SWEET DREAMS</th>
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| Learn how to develop a self-care routine & manage stress.  
- Wednesday, February 19th from 12pm-1pm (LSC 230B)  
- Tuesday, March 31st from 2pm-3pm (LSC 241A)  
- Tuesday, April 28th from 4pm-5pm (LSC 241A)  | Tired of feeling tired? Learn how to improve your sleep!  
- Wednesday, February 12th from 3pm-4pm (LSC 241B)  
- Friday, March 27th from 12pm-1pm (LSC 230A)  
- Monday, April 20th from 4pm-5pm (LSC 230A)  |

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<thead>
<tr>
<th>BUILDING RESILIENCE</th>
<th>SURVIVING A BREAK-UP</th>
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| Depression & anxiety can happen to anyone. Come learn about common symptoms & effective coping strategies for yourself or for someone you care about.  
- Tuesday, February 18th from 3pm-4pm (LSC 230B)  
- Wednesday, March 25th from 4pm-5pm (LSC 241A)  
- Friday, April 17th from 12pm-1pm (LSC 241A)  | The ending of a relationship can be a painful and confusing experience. Learn how to weather the storm with these helpful tips.  
- Thursday, February 13th from 4pm-5pm (LSC 242)  
- Tuesday, March 3rd from 4pm-5pm (LSC 242)  
- Monday, April 6th from 12pm-1pm (LSC 241A)  |

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<tr>
<th>TAMING YOUR TEMPER</th>
<th>OVERCOMING TEST ANXIETY</th>
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| Identify what makes you angry & learn tips to regain control.  
- Wednesday, February 5th from 12pm-1pm (LSC 241B)  
- Tuesday, March 17th from 3pm-4pm (LSC 242)  
- Tuesday, April 14th from 2pm-3pm (LSC 242)  | Learn the causes of test anxiety & build skills to reduce it.  
- Monday, February 24th from 4pm-5pm (LSC 241B)  
- Thursday, March 26th from 12pm-1pm (LSC 242)  
- Wednesday, April 29th from 2pm-3pm (LSC 242)  |

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<tr>
<th>EXPRESSIVE ARTS</th>
<th>MINDFULNESS &amp; MEDITATION</th>
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| Experience the healing power of art.  
Artistic talent NOT required! Art supplies provided. 😊  
- Thursday, February 27th from 12pm-1pm (LSC 230A)  
- Thursday, April 9th from 12pm-1pm (LSC 230A)  | Take a moment to breathe & refocus during this experiential workshop. Prior experience NOT required!  
- Monday, March 2nd from 12pm-1pm (LSC 242)  
- Thursday, April 30th from 12pm-1pm (LSC 242)  |

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<tr>
<th>SELF-COMPASSIONATE LIVING</th>
<th>PURSUIT OF HAPPINESS</th>
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| Learn ways to develop & practice self-compassion & how to be kinder to yourself.  
- Monday, February 3rd from 3pm-4pm (LSC 230)  
- Wednesday, March 18th from 1pm-2pm (LSC 230B)  
- Thursday, April 16th from 4pm-5pm (LSC 241B)  | Just a few tips & activities designed to help you feel a little happier. 😊  
- Tuesday, February 25th from 1pm-2pm (LSC 242)  
- Monday, March 30th from 4pm-5pm (LSC 241B)  
- Tuesday, April 21st from 3pm-4pm (LSC 241A)  |

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*Hosted by the Montgomery County Women’s Center. Some information may be collected for the program.*