

WEEKLY DROP-IN WORKSHOP

Feel it, Face it, Own it: Skills for Managing Emotions

1714 9th Ave South, 3rd Floor Student Health & Wellness Center

Build your emotional awareness and regulation skills by exploring how emotions function as signals. Learn practical strategies to stay grounded and respond effectively with confidence and clarity.

This workshop is:

- Led by a licensed mental health professional
- Free and open to all UAB students
- No registration required!

UAB The University of
Alabama at Birmingham.

Student Counseling Services

Wednesdays

at 3:00pm

Student Counseling
Services Conference
Room 385

**CLICK A DATE TO LEARN
MORE ON ENGAGE!**

November 5th

November 12th

November 19th

December 3rd

