



April WORKSHOPS



Counseling Services is hosting Stress & Substances Workshops throughout the month of April to bring awareness to weed, alcohol and vaping misuse. Many people use these substances to deal with stress. Our workshops are an opportunity to learn more about this topic and learn a new stress relieving activity!

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| TUESDAY, APRIL 2 | MPR at 8 p.m. Stress Relieving Game Night with DPCS |
| TUESDAY, APRIL 9 | Bishop 302 at 8 p.m. Workshop: Weed and Coloring |
| TUESDAY, APRIL 16 | Bishop 302 at 8 p.m. Workshop: Alcohol and Slime |
| TUESDAY, APRIL 23 | Bishop 302 at 8 p.m. Workshop: Vaping and DIY Stress Balls |

These groups are free and confidential. Materials are limited, this is a first come, first served basis. For more information contact Counseling Services Intern, Anna Hall, at counseling@averett.edu.

1-800-487-4889 is a confidential, free, 24 hour information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.