

COME JOIN US ON A JOURNEY TOWARDS
A HAPPY AND MEANINGFUL LIFE

Zig Zag to Happiness:

A Positive Psychology Workshop

A Positive Psychology Education & Support Group

Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

Come learn new ways to cope with anxiety and depression.

Every Tuesday 12:15 - 1:30

Oct. 9 through Dec. 4

at Health & Counseling Services | 704 E. Sharp

»»»» Lunch Provided ««««

For GU Students | No Cost | Join Anytime

To Register:

Please sign up for group in the health portal under Appointment Tab at <https://gonzaga.medicatconnect.com>

OR email StudentHealth@Gonzaga.edu

OR walk in during time of group