



Zig Zag to Happiness: A Positive Psychology Workshop & 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.

Thursdays | Feb. 14 - April 11 | 12:15p - 1:30p
at Health & Counseling Services | 704 E. Sharp
Lunch Provided

For *Eligible GU Students | No Cost | Join Anytime

For more information about this group,
how to register and *eligibility, visit
www.gonzaga.edu/healthandcounseling