

A person with a red backpack is jumping over a large rock in a desert landscape. The background shows more rocks and a clear blue sky with some clouds. The overall tone is bright and positive.

Virtual

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.

This group, led by a licensed staff therapist, will take place virtually on ZOOM

Want more info? Interested in joining this group?
Call 509-313-4054 or email StudentHealth@gonzaga.edu

Health & Counseling Services

For *Eligible GU Students | No Cost

For more information about *eligibility, visit
www.gonzaga.edu/healthandcounseling