

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.

Group will start in October

Want more info? Interested in joining this group?

Call 509-313-4054 or email StudentHealth@gonzaga.edu

Health & Counseling Services | 704 E. Sharp Ave

For *Eligible GU Students | No Cost | Snacks Provided

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