ZIG ZAG TO HAPPINESS

A Positive Psychology Education and 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 Join us on a journey towards a happy and meaningful life

Learn new ways to cope with anxiety and depression

Weekly support group on Thursdays
12:15-1:30 pm
(Lunch Provided) in Health & Counseling Services

September 21 through November 9

No Cost
Join Anytime

To register:
please sign up for group in the health portal under Appointment Tab
https://gonzaga.medicatconnect.com
log in with your zagmail username and password

or email StudentHealth@Gonzaga.edu