

Spring 2019 Harrisburg campus Wellness Counseling Workshop Series I Thought it was Just Me

Date: Every Tuesday beginning January 29th, 2019

Time: 12:30 – 1:30 pm

Location: Harrisburg Campus – Cooper Student Center Room 209 A

Phone: 717-780-2498

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Details:

“The quest for perfection is exhausting and unrelenting. There is a constant barrage of social expectations that teach us that being imperfect is synonymous with being inadequate. Everywhere we turn, there are messages that tell us who, what and how we’re supposed to be. So, we learn to hide our struggles and protect ourselves from shame, judgment, criticism and blame by seeking safety in pretending and perfection” *Quote from Brene’ Brown*. In this workshop we will take a Deep Dive into our own insecurities to come into the knowing that we are Enough. All are Welcome!

- Jan. 29 Session I. Understanding Shame
- Feb. 5 Session II. Shame Resilience and the Power of Empathy
- Feb. 12 Session III. Recognizing Shame & Understanding our Triggers
- Feb. 19 Session IV. Practicing Critical Awareness
- Feb. 26 Session V. Reaching Out
- March 12 Session VI. Speaking Shame
- March 19 Session VII. Practice Courage in Culture of Fear
- March 26 Session VIII. ALIVE SUICIDE MENTAL HEALTH DAY
- April 1 Session IX. Practice Compassion in Culture of Blame
- April 8 Session X. Practice connections in culture of Disconnections
- April 16 Session X. Create Culture of Connections

RSVP preferred due to space limitation. Please include your name, HACCid and the workshop, date/time you plan to attend. Please use [this link](#). To sign up use your Hawk email. If faculty are interested in bringing a class, please email or call 21505. Email – sbgoodli@hacc.edu