Events and Workshops

One way that the Wilson Counseling Center seeks to serve students is to provide informative outreach, workshops, and events. No initial intake is needed for event participation, though some may require registration where noted. Follow us on social media for up to date information!

- WEEKLY WORKSHOPS

Drumming to Destress

Mondays 5:00 PM - 5:40 PM at the Wilson Counseling Center

Rhythm (drumming) combined with breathing and meditation techniques promotes relaxation. Join us for relaxing, practicing, and learning stress management strategies. Drum to DeStress uses the HealthRHYTHMS® Drumming Protocol which is a structured and research-based rhythm (drumming) program that has shown to promote significant health benefits such as stress reduction, boosting the immune system, and providing social support. The protocol includes rhythm (drumming), relaxation activities and social interaction. Drumming empowers people to experience the health benefits of rhythm regardless of musical ability.

- MEET THE STAFF AT A TABLE EVENT!

Wellness Wednesdays

Reng Student Union - Center Court

10:30am - 12:30pm

Stop by our booth each week to get information on various mental health topics, ask questions, or participate in a brief activity!

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