The UWSP Counseling Center welcomes requests for Learning for Living programming. If you are interested in one of the aforementioned programs for your organization or department, please contact the Counseling Center at (715) 346-3553.

Following your request, a staff member will contact you to set up a consultation appointment in order to gain a more thorough understanding of your needs/interests. From there, a date and time will be set for the programming.

The Counseling Center requests a minimum of 10 people interested in attending the program.
## Learning for Living

### By the Counseling Center

Outreach and psycho-educational programming to students, faculty, and staff is an integral part of the Counseling Center mission. Our programming emphasizes a developmental perspective on prevention, wellness, mental health awareness, and self-help. This brochure presents programming topics frequently requested by those in the university community. These topics touch upon the psychological concerns most often encountered by students, faculty, and staff as they attend to their daily responsibilities of learning, living, teaching, and helping.

### Life Skills Focus
- Establishing Balance and Self-Care
- How to Handle a Crisis
- Healthy Romantic Relationships
- Managing Stress Effectively
- Date Rape Prevention and Sexual Safety
- Transitions to Adulthood
- Three Ingredients to for a Successful Life
- Thinking and Feeling Positively: Journey Toward Your Impossible Dreams
- Grief Resolution
- Psychological Benefits to Exercise

### Mental Health Focus
- Becoming Aware of and Assisting Troubled Students
- Dealing with Anxiety
- Anger Management
- What is Addiction?
- The Seductive Elements of Early Stage Addiction
- Compulsive Gambling
- The Phases of Recovery from Addiction
- Recognizing Dual Diagnosis in the Addicted Individual
- Spiritual Needs of the Addict
- Identifying and Managing Attention Deficit/Hyperactivity Disorder
- Beating the Blues—Tips for Identifying and Dealing with Depression