

# FALL 2020 CAPS WELL-BEING SEMINARS

Please join us at 2pm Mondays, Thursdays, and Fridays for our Virtual Well-Being Seminars to learn ways to manage stress, calm emotions, and improve relationships!

Scan here to join the meeting!



or [Click Here](#) to join

## MONDAY

8/24: Stress  
8/31: Emotions  
9/7: *Labor Day*  
9/14: Stress  
9/21: Emotions  
9/28: Relationships  
10/5: Stress  
10/12: Emotions  
10/19: Relationships  
10/26: Stress  
11/2: Emotions  
11/9: Relationships  
11/16: Stress

## THURSDAY

8/27: Emotions  
9/3: Relationships  
9/10: Stress  
9/17: Emotions  
9/24: Relationships  
10/1: Stress  
10/8: Emotions  
10/15: Relationships  
10/22: Stress  
10/29: Emotions  
11/5: Relationships  
11/12: Stress  
11/19: Emotions

## FRIDAY

8/28: Relationships  
9/4: Stress  
9/11: Emotions  
9/18: Relationships  
9/25: Stress  
10/2: Emotions  
10/9: Relationships  
10/16: Stress  
10/23: Emotions  
10/30: Relationships  
11/6: Stress  
11/13: Emotions  
11/20: Relationships