

Fall 2009 and Spring 2010 Workshops

How to Participate

There is no registration or cost. Participation is completely voluntary. No names or other personal information will be recorded. Beverages and snacks will be provided at each group. You may also bring along your own lunch.

How to Reach Us

The listed workshops require no registration, but you may have some personal questions or need additional information prior to attending. If so,

Please contact:
Diana Piperata, PhD
267-341-3232
dpiperata@holyfamily.edu

Or drop by the office:
Northeast Campus
9801 Frankford Avenue
Campus Center, Room 220
Philadelphia, PA 19114-2094

Fall 2009 Workshop Schedule

Where: Campus Center, Room 205

When: Tuesdays, 12:30 - 1:15 pm

September 22

Minding Your Mental Health from A to Z

October 6

Forming Healthy Relationships: Friendships and Intimacies **CANCELED - TO BE RESCHEDULED**

November 17

Anxiety Management and Relaxation Basics

First-Year Experience (FEXP) WORKSHOPS

What's Your Type? Myers-Briggs

Where: Perzel ETC 111

When: Tuesday, October 13, 2009 12:15 - 1:20 pm

Where: Perzel ETC 111

When: Thursday, October 27, 2009 12:15 - 1:20 pm

All first-year students are mandated to attend selected workshops listed within the Presidential Lecture Series (contact the Student Activities Office at extension 3281 for a complete listing). Among these workshops is the *What's Your Type? Myers-Briggs*.

The Counseling Center will conduct this workshop which provides students with a personality type profile utilizing the Myers-Briggs Type Inventory in an interactive group setting. The Myers-Briggs can offer information regarding your preferred style of interacting with the social and professional world. Learn how this impacts relationships with family and friends, as well as how you can better select a college major and future career based on your preferred style.

Advanced registration is required. Please email mmbobholz@holyfamily.edu to register.

ATTENTION FACULTY AND STAFF OF HOLY FAMILY UNIVERSITY

Emergency Evacuation Training

September 22- 24, 2009

ETC 315

Thirty minute training slots available between 10 am and 2 pm each date

This training is designed to familiarize faculty and staff members with the Holy Family University Emergency Evacuation protocol for individuals with physical disabilities. You will be instructed on the appropriate response to building evacuation and in the proper use of the Emergency Evacuation chairs in the event you should need to respond in an emergency situation.

It is strongly recommended that all faculty and staff attend one of the 30-minute instructional sessions facilitated by the Counseling Center, Disability Services, and Public Safety departments.

[Pre-registration is required for this training.](#) Additional registration information will follow in early September via e-mail and voice mail. Please make time in your schedule to attend this critical training.

Spring 2010 Workshop Schedule

Where: Campus Center, Room 205

When: Tuesdays, 12:30 - 1:15 pm

January 19	Sleeping 101: Did You Sleep Well Last Night?
February 23	Eating Disorders: What We All Need to Know
March 9	Physical Exercise for Mental Health (Third Annual Campus Walk)
April 13	Alcohol and Other Drugs: Education, Prevention, & Intervention

Training for Intervention Procedures (TIPS) for University

Attention Faculty, Staff, and Students

Posted 10/05/09

The Counseling Center is hosting two TIPS (Training for Intervention Procedures) for University workshops this Fall 2009. Please consider attending one of the scheduled workshops to enhance your understanding and prevention of the misuse of alcohol on and off campus. TIPS for the University is a [free training](#) and will provide you with the knowledge and confidence necessary to reduce high-risk drinking behavior among college-aged students and within your own social networks. More than 1,200 campuses nationwide have implemented TIPS for the University.

The TIPS workshops are scheduled as follows:

Tuesday, October 20, 2009

NOTE: This is also Faculty Development Day - faculty should not register for this session.

9am - 12:30pm

NEP - Room location TBA once registered

Lunch will follow training

Registration is required **before Wednesday, October 14, 3pm**. Please email dpiperata@holyfamily.edu to register.

Monday, November 23, 2009

6pm - 10pm

NEP - Room location TBA once registered

Dinner at beginning of training

Registration is required **before Wednesday, November 18, 3pm**. Please email dpiperata@holyfamily.edu to register.

Attention RAs and Residence Life staff

Posted 06/19/2009

TIPS for University training is mandatory for all Residence Life staff that have not been trained in the last three years. This training is scheduled for **Thursday, August 20, 2009, from 9 am - noon in St. Joseph's Hall**. Lunch will be provided.

The TIPS training does require pre-registration. Walk-ins can not be accommodated. Please contact the Counseling Center or the Residence Life Director to **register before Monday, August 10, 2009**.

Once you have registered, please consult your individual e-mail accounts for date/time/location confirmation.



Non-Discrimination Statement

Holy Family University does not discriminate on the basis of race, color, gender, age, religion, national or ethnic origin, sexual orientation, marital status, or disability. This policy extends to all education, employment, and service programs at the University and complies with applicable federal laws. For information regarding compliance matters, the University's ADA/Section 504 and Title IX Compliance Officer may be reached at the Human Resources Department, Holy Family Hall Room 209, (215) 637-7700 ext. 3479.