

FALL 2025 WORKSHOP SERIES

Ready to feel more focused, balanced, and supported this semester?

Join **City Tech's Counseling Services Center** for the **Fall 2025 Workshop Series** — a set of live Zoom workshops designed to help you manage stress, boost well-being, and build habits for academic and personal success.



✉ counseling@citytech.cuny.edu

📞 718-260-5030

📍 Namm Hall N-108

09/04	1PM - 2PM	Dreams and Desires: College Readiness	Register Here.
09/11	1PM - 2PM	City Tech Essentials	Register Here.
09/25	1PM - 2PM	Time Management Tactics	Register Here.
10/09	1PM - 2PM	Prioritizing Mental Health	Register Here.
11/06	1PM - 2PM	Setting Boundaries, Finding Balance	Register Here.
11/20	1PM - 2PM	Understanding Depression	Register Here.
12/04	1PM - 2PM	Overcoming Finals Burnout	Register Here.