



The DRC invites you to attend our 2-part series on Social-Emotional Wellness!

Title: You Are Enough: Social-Emotional Wellness Workshop for Individuals with Disabilities, 2-part series

When: Part 1 03/31/22 3:30 - 4:30
Part 2 04/20/22 3:30 - 4:30

Description: The You Are Enough: Social-Emotional Wellness Workshop for Individuals with Disabilities 2-part series is a social-emotional wellness workshop intended for students with disabilities attending EMU.

Purpose: The purpose of the workshop is to learn some wellness techniques that can support students during times of overwhelm or techniques that could become the beginning steps toward a wellness practice. Additionally, the DRC is working to promote a virtual community for our students.

Via Zoom:

Join Zoom Meeting

<https://emich.zoom.us/j/82186560757?pwd=MFtYdFdiSzdwNzBPSkRUdjILNU1EZz09>

Meeting ID: 821 8656 0757

Passcode: 230207

Questions: Contact Kat Naish at knaish@emich.edu

No registration is required for this event, so just click on the Zoom link on the day and time of the event and we will welcome you into our virtual wellness studio!

We hope to see you there!