Fridays | Noon - 1:30 PM
March 25 - April 15 via Zoom

In this four-week workshop participants will learn about overcoming obstacles and increasing their resiliency. Discussion will be based on themes from Brené Brown’s Connections Curriculum, including:

- Practicing empathy
- Exploring vulnerability
- Understanding shame

REGISTER AT: MENTALHEALTH.UIOWA.EDU/COLLEGIATE-RECOVERY-PROGRAM

The workshop is facilitated by the Collegiate Recovery Program (CRP), but all students are welcome to participate.