Peace Corps Prep Self-Care Workshop

Date and Time:
Friday, April 9, 2021 - 1:00pm to 2:00pm

Description: Join the UofM Peace Corps Office for a Self-Care Workshop! Come learn strategies about how to manage your mental and emotional health. We'll focus on coping skills, introduce you to campus resources for wellness, and hear perspectives from Returned Peace Corps Volunteers about practicing self-care in service.

Register Here [1] (Virtual link will be provided upon registration)

Tags:
peace corps prep [2]

Source URL: https://internationalcenter.umich.edu/events/peace-corps-prep-self-care-workshop

Links
[1] https://sessions.studentlife.umich.edu/track/event/session/42050