

# ADVANCE

# Workshop Series

Meet your potential. Find your balance.

An interactive workshop series based on Peak Performance Psychology techniques to help you flourish in the classroom and in life.

## Winter Quarter 2015 Schedule

ADVANCE Workshop Series 1: Week 4 – Week 6

ADVANCE Workshop Series 2: Week 7 – Week 9

***Day & Time: Wednesdays from 3 p.m. to 4 p.m.***

*To sign-up for the ADVANCE Workshop Series presented by  
Erin Kelly Bartelma, Psy.D.*

*please visit:*

[caps.ucsd.edu/groups](http://caps.ucsd.edu/groups)

*This meeting is not professional counseling. If you would like professional counseling or mental health treatment please call the CAPS central office at 858 534 3755 to arrange an appointment.*



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