

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.

Fall Quarter 2015 Schedule

ADVANCE Workshop Series 1: Week 4 – Week 6

ADVANCE Workshop Series 2: Week 8 – Week 10

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. & Jasmine Tilghman, Ph.D.

please visit:

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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