Emotional Mind + Logical Mind = WISE Mind. Wise mind is when both parts of the mind work together in harmony. Learn how to effectively tolerate everyday stressors, communicate effectively while maintaining self-respect and relationships, and improve your relationship with your emotions.

**Dates:** Fridays, Weeks 3-10  
(Oct. 20th, 27th & Nov. 3rd, 17th & Dec. 1st, Dec 8th)

**Time:** 3:00-4:00pm

**Location:** CAPS Central Office, Galbraith Hall 190  
**On 11/3/17: at Galbraith 254 for iLead workshop**

**Facilitator:** Dr. Parissa Nili