Faking It Or Making It
with Shanta Wilson

Calming the Worried Mind
with Maureen Sullivan

Mending Your Mood
with Yolanda Kennedy

Spotlight On Health
with Kristen McFee

Sleeping Soundly
with Sarah Wattenstein

Video Workshops to Help You Succeed at Harvard
Counseling and Mental Health Services is partnering with iHope Network to provide these free workshops to Harvard Students to:

To improve access to workshops on evenings and weekends, when students have more availability

Each workshop is delivered through video conferencing - you connect with your group by video. You may join a workshop from campus, from Cambridge or from anywhere in the world.

Each workshop combines group meetings and support with exercises designed to help you get healthy, stay healthy and focus on the things that are important to you.

Managing Intense Feelings
with Rachel Ganz

Organizing for Academic Success
with Heather Carver

Adjusting to Life at Harvard
with Judith DuClair

Powering Through Procrastination
with Judith or Sarah

Overcoming Perfectionism
with Jenna Stark

Scroll down for more information and links to sign up and get additional resources
Sign up for: **ADJUSTING TO LIFE AT HARVARD**
With Judith DuClair

Congratulations, you have been recognized for your achievements and are now at Harvard! Yet you may be feeling inadequate, ordinary or out of your league. Or lonely or lacking a sense of purpose. Drop in to Adjusting to Life at Harvard for help and support with these and other topics or attend all four sessions.

Click this link or the headline above to learn more, find additional resources and sign up.
https://sites.google.com/ihopenetwork.com/adjustingtolifeatharvard/

4 Drop in Sessions Starting Thursday, September 27 at 6:30pm
You can drop in any Thursday over the next four weeks.

Sign up for: **CALMING THE WORRIED MIND**
With Maureen Sullivan

This workshop could be for you if you feel anxious about everyday situations. Or if you want to remain calm before a major event like a board exam. The skills required to manage anxiety are helpful in many situations. Drop in any Wednesday in October or attend all four.

Click this link or the headline above to learn more, find additional resources and sign up.
https://sites.google.com/ihopenetwork.com/calmingyourworriedmind/

Drop in sessions starting Wednesday, October 3 at 7pm

Sign up for: **FAKING IT OR MAKING IT**
With Shanta Wilson

You worked hard and made it to Harvard. Everyone is saying “you can do this,” while inside you have this sinking feeling: “I don’t belong here.” Feeling as if you don’t deserve what you worked so hard to achieve is not a good feeling. It’s called Impostor Syndrome and this workshop can help you overcome it. This single session workshop is being offered twice.

Click this link or the headline above to learn more, find additional resources and sign up.
https://sites.google.com/ihopenetwork.com/faking-it-or-making-it/

Wednesday, October 3, 7pm and Repeated Monday, October 29 at 7pm
Sign up for: **MANAGING INTENSE FEELINGS**  
*With Rachel Ganz*  
Sometimes our emotions get the better of us. We act in a way that we know is counterproductive, but the feelings are so strong that it’s hard to maintain control. Join Managing Intense Feelings to learn mindfulness, emotional regulation, how to tolerate distress and improve interpersonal effectiveness.  
Click this link or the headline above to learn more, find additional resources and sign up, [https://sites.google.com/ihopenetwork.com/managingintensefeelings/](https://sites.google.com/ihopenetwork.com/managingintensefeelings/)  
Meets for 5 weeks on Tuesdays at 8pm starting on October 9, 2018

Sign up for: **MENDING YOUR MOOD**  
*With Yolanda Kennedy*  
Develop a more enthusiastic and positive outlook on life. Join Mending Your Mood and learn how to live a more upbeat, vital life – one free from the symptoms of depression.  
Click this link or the headline above to learn more, find additional resources and sign up, [https://sites.google.com/ihopenetwork.com/mendingyourmood](https://sites.google.com/ihopenetwork.com/mendingyourmood)  
Meets for six weeks starting Thursday, October 4th at 7pm

Sign up for: **ORGANIZING FOR ACADEMIC SUCCESS**  
*With Heather Carver*  
This workshop provides intensive time management training with coaching and support. The program is designed to help you achieve academic success and develop habits that support your goals and enhance your life. You can drop in for help at any of the workshop sessions in the semester or attend all five sessions if you like. Click this link or the headline above to learn more, find additional resources and sign up. [https://sites.google.com/ihopenetwork.com/organizingforacademicsuccess/](https://sites.google.com/ihopenetwork.com/organizingforacademicsuccess/)  
5 drop-in sessions starting Sunday, September 16th at 6:30pm
Sign up for: **OVERCOMING PERFECTIONISM**
With Jenna Stark

Do you set goals that are difficult or impossible to achieve? Do you fail to reward yourself when you do achieve them? Do you take your failures personally instead of looking at them as a learning experience? Then you may benefit from Overcoming Perfectionism.

Click this link or the headline above to learn more, find additional resources and sign up.
https://sites.google.com/ihopenetwork.com/overcoming-perfectionism/

Meets for six weeks starting Thursday, October 4th at 5pm

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Sign up for: **POWERING THROUGH PROCRASTINATION**
With Sarah Wettenstein or Judith Duclair

Everything you need to know to become a Procrastination Professional…someone who can leverage what science has to say about why and how we procrastinate, and exactly what you can do to quit putting projects and work off, and get the job done. This single session workshop is being offered twice.

Click this link or the headline above to learn more, find additional resources and sign up
https://sites.google.com/ihopenetwork.com/poweringthroughprocrastination/

Tuesday September 25 at 7pm or Saturday October 6th at 5pm

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Sign up for: **SLEEPING SOUNDLY**
With Sarah Wettenstein

Good sleep improves grades, and enhances happiness and performance in many areas. If you are having trouble getting a good night’s sleep, take positive action: join Sleeping Soundly. The program combines group meetings with exercises designed to help you get restful beneficial sleep

Click this link or the headline above to learn more, find additional resources and sign up
https://sites.google.com/ihopenetwork.com/sleepingsoundly/

Meets for 2 weeks Tuesdays starting September 18th at 7pm
Sign up for: **SPOTLIGHT ON HEALTH**
With Kristen McFee

Are you having trouble taking care of yourself? These workshops teach you how to have a healthy mind and body - how to stay connected, eat well, sleep for better performance and move your body.

Click this link or the headline above to learn more, find additional resources and sign up
https://sites.google.com/ihopenetwork.com/spotlight-on-health/

Starts Tuesday, September 18th and meets for 4 weeks

Workshops are provided by iHope Network, an independent affiliate, not HUHS or CAMHS. HUHS has contracted with iHope to make these groups available to Harvard Students at no cost.

For more information, please go to the sign-up pages, email info@ihopenetwork.com or call 800-225-0634. Thank You.