Self-Care in the Peace Corps Workshop

Date and Time:  
Tuesday, March 24, 2020 - 6:00pm to 8:00pm  
Location:  
School of Social Work Building  
Room:  
B760  

Description: Join Peace Corps Prep and Wolverine Wellness for a self-care workshop! Come learn strategies about how to manage your mental and emotional health in the Peace Corps. We'll focus on coping skills, introduce you to campus resources for wellness, and hear perspectives from returned volunteers about practicing self-care in service.

RSVP Here

Tags:  
peace corps prep, peace corps

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

Links
[1] https://internationalcenter.umich.edu/sites/default/files/event-image/Self%20Care%20Workshop.jpg  
[2] https://sessions.studentlife.umich.edu/track/event/session/23118  