

STAYING WELL AT TULANE LAW

SEPTEMBER

Community Care Coordinator Office Hours

Wednesday, September 4, 11:30am-1pm, Room 205

Stop by to speak with the Community Care Coordinator if you'd like a referral to a mental health professional in the community.

JLAP Office Hours

Wednesday, September 11, 11:30am-1pm, Room 214

Stop by to speak with a JLAP counselor for a confidential conversation about character and fitness issues or any other issues.

Coffee with a Counselor

Tuesday, September 17, 9:30-10:30am, 1st Floor Lobby

CAPS Workshop: The Imperfect Perfectionist

Tuesday, September 24th, 1-2pm, Room 205

Learn to identify ways that perfectionism may not be working for you and changes you can make to succeed in law school and in life.

OCTOBER

Wellness Wednesday

Wednesday, October 2nd, 11:30am-1pm, MPR and Courtyard

Take a break to enjoy free massages, snoballs, and LSPCA puppies with your classmates.

Mindful Lawyering with Professor Werhan

Monday/Wednesday, 4-5:15pm, October 14, 16, 21, 23, 28, 30, Room 212

An introduction to mindfulness and meditation. Registered students expected to attend all sessions. Email Dean Timmons to register.

Staying Happy and Healthy in Law School

Tuesday, October 15, 5-6pm, MPR

Tulane Women in Law celebrates Mental Health Awareness Month with a panel of speakers who will provide tips to help students manage stress and other mental health challenges. Snacks served and all welcome.

Coffee with a Counselor, Tuesday, October 22nd, 9:30-10:30, 1st Floor Lobby

NOVEMBER

CAPS Workshop: Finding Calm Among the Chaos

Wednesday, November 6th, 12:00-1:00pm, Room 214

Learn strategies that can help you manage stress.

Study Break

Monday, November 18th, 3:45-5:45pm, MPR and Courtyard

Take a break from your work to enjoy free massages and pizza with your classmates.

SAVE THE DATE FOR DESTRESS FEST!

A week of programs designed to support you in the week before finals.