

UCA Counseling Center

Boot Camps

Fall 2014



- ◆ **Transition to College—Thursday, September 4th**
- ◆ **Turning Strangers into Friends—Thursday, September 11th**
 - ◆ **Coming Out Process—Thursday, September 18th**
- ◆ **Forming Healthy Relationships—Thursday, October 2nd**
- ◆ **Wait For It... Delaying Gratification - Thursday, October 9th**
(this boot camp will meet at Torreyson West, Room #337 from 1:40-2:30)
- ◆ **The Art in Goal Setting—Thursday, October 23rd**
- ◆ **Healthy Breaking Up—Thursday, October 30th**

All Boot Camps (*unless otherwise noted*)

will be held in the

Student Health Building

3rd Floor—Room #307

during X-period (1:40-2:30)

Sponsored by:

UCA Counseling Center

Student Health Building, Suite 327

(501) 450-3138