



**QUICK! GET SMART!**  
**30 Minute**  
**POWER SKILL SESSIONS**

**Join us Wednesdays at 6pm**  
**Each week we learn a new skill for self-empowerment**

**Power Skill Session: 6 to 6:30**

**SMART meeting: 6:30-7:30**

**Join us for either session or both!**

**2/6/19 New Year, New You: Get Inspired By Making A Vision Board for 2019**

**2/13/19 How To Cultivate Compassion For Anyone (Even Yourself!)**

**2/20/19 How to Tap into the Present Moment And Why You Need To**

**2/27/2019 What is Radical Acceptance And How Can It Change**

**Your Perspective on Anything**

**3/6/2019 The 5 Notorious Ways We Upset Ourselves**

**3/13/2019 How Not To Freak Out: Quick Strategies For Managing Stress**

**3/20/2019 No Meeting**

**3/27/2019 How To Maximize Your Energy and Focus**

**4/3/2019 How To Set Boundaries Without Feeling Like the Worst Person Ever**

**4/10/2018 The Magic Of Journaling: Learn Ways to Access Your Secret Inner World**

**4/17/2018 Apps For Emotional Wellness**

**4/24/2019 How Your Mind And Body Remember Things You Try to Forget...**

**And What You Can Do About It**

**5/1/2019 Feeling A Bit Tense? It's Ok, Most Of Us Are:**

**Learn Progressive Muscle Relaxation**

**Open to the  
public,  
anyone ages 18-24  
can attend**

**240 New Britain Ave  
Trinity Commons  
Building  
Room 142**

**We Have  
Food At Every  
Session !!**

**RSVP to  
pamela.mulready@trincoll.edu  
by Wed at 12 for food options**

**Forgot to Rsvp? Come join us  
anyway, we have snacks!**