

SUPPORTING STUDENTS THROUGH CHALLENGES WORKSHOP SERIES

Supporting Students Through Challenges is a 4-part workshop series for faculty and staff. Supporting Students Through Challenges is designed as a more comprehensive training to develop supportive listening skills, learn more about common mental health challenges, positive and negative coping skills, creating and sustaining supportive environments for students, and how to identify and address student safety.

This training will be held via zoom and offered Wednesdays at 3-4:15pm EST July 10th, 17th, and 24th with a concluding wrap-up day July 31st for open discussion and case consultation.



Workshop I:
Introductions and
Foundation to
Mental Health

Workshop II:
Skills for Supporting
Students



Workshop III:
Understanding and
Identifying
Elements of Crisis

Workshop IV:
Creating
Communities of
Support



To register for this workshop series please visit:

<https://www.middlebury.edu/center-health-wellness/integrated-care/training-and-education-opportunities>

Contact Sarah Binshadler at sbinshadler@middlebury.edu for any questions regarding this series.