COPE

An Online Self-Care Group for Counselors in Training

# COPE is a 10-week online program consisting of psychoeducation, interactive and experiential activities that let you practice self-care.

The group will meet online on through video chat, email, and social media. All activities are self-paced and the group will web conference together 5-6 times.

**The Group is Open to Masters and Doctoral Students**

**Benefits of COPE:**

* Develop skills to cope with stress of graduate school
* Build peer social support
* Improve work-life balance
* Learn skills that you can use with your clients

**Topics Include:** Mindfulness, Self-Compassion, Body Flow, Enriching Interpersonal Relationships, Time Management and Organization and much more!

Group Begins the week of September 11th 2017

**To Register** Use this link <https://bsu.qualtrics.com/jfe/form/SV_8omNDsHFnSBKVlX>

or Scan the QR Code



**Questions?** email Yamini ([ynbellare@bsu.edu](file:///C:\Users\Craig\Box%20Sync\BSU\SAS\COPE\ynbellare@bsu.edu)) or Corie ([clloisellehe@bsu.edu](file:///C:\Users\Craig\Box%20Sync\BSU\SAS\COPE\clloisellehe@bsu.edu))