Positive Psychology Group: Understanding Happiness

Learn how to integrate techniques of positive psychology into your daily life. What are some of your strengths, positive assets, and areas of growth? How can you tap into these inner resources to lead a more enjoyable and meaningful life?

Facilitator: Dr. Heather Holtman
Mondays, 1:30pm-2:30pm
New Building, Room L68.31

For more information stop by the Department of Counseling, L.68.00
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