

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

212 237-8111 | counseling@jjay.cuny.edu