

# WELLNESS WORKSHOP SCHEDULE

FALL 2026

## SEPTEMBER

Wednesday, Sept. 2

4:00-5:00pm

**Level Up with the TCU Library**

Lib 3181

Thursday, Sept. 10

5:30-6:30pm

**QPR: How to Help Someone in Crisis**

BLUU - Miller

Wednesday, Sept. 16

5:00-6:00pm

**Make Every Minute Count**

BLUU - Hillel

Tuesday, Sept. 22

4:00-5:00pm

**Sleep for Success**

BLUU - Miller

Wednesday, Sept. 30

5:00-6:00pm

**Overcoming Imposter Syndrome**

BLUU - Hillel

## OCTOBER

Monday, Oct. 26

4:00-5:00pm

**Financial Wellness: Budgeting Basics**

BLUU - Miller

## NOVEMBER

Wednesday, Nov. 3

4:00-5:00pm

**Beyond Instant Noodles: Meal  
Planning for On-Campus Living**

BLUU - Miller

Tuesday, Nov. 10

5:00-6:00pm

**From Venmo to Visa: Credit, Cards &  
Cash Apps**

BLUU - Miller

Tuesday, Nov. 17

3:00-4:00pm

**Relax, Reset, Recharge**

BLUU - Hillel

## DECEMBER

Wednesday, Dec. 2

5:30-6:30pm

**Relax, Reset, Recharge**

BLUU - Hillel

For more information, contact  
[WellnessEducation@tcu.edu](mailto:WellnessEducation@tcu.edu)

**FROG LIFE**  
EMPOWERING A CULTURE OF *wellness*

**TCU**

STUDENT AFFAIRS  
Campus Recreation &  
Wellness Promotion