



Feeling Overwhelmed and Looking to Get “Unstuck?” Attend the Counseling Center’s RIO Online!

Times are not easy. Feeling isolated and lonely is very common, and life is very different than it was before the pandemic. Many people are having strong reactions to these changes. RIO, which stands for recognition, insight, and openness, is led by Counseling Center clinicians and provides an interactive experience that helps you:

- Learn mindfulness skills to identify why you’re feeling the emotions you are and accept them.
- Manage stress, anxiety, and other emotions productively.
- Identify what’s most important to you and prioritize accordingly.

This series is open to all Illinois students—you do not need to be a current client of the Counseling Center. We do strongly encourage you to be available to attend both online sessions. To register, please visit counselingcenter.illinois.edu/RIO. After you’ve registered, you’ll receive an email with a link to attend and your materials.

Spring 2021 Dates

Tuesday, February 23 and March 2, 5-6 p.m.

Wednesday, March 3 and 10, 4-5 p.m.

Tuesday, March 9 and 16, 8-9 p.m.

Thursday, March 11 and 18, 3-4 p.m.

Wednesday, March 17 and 24, 5-6 p.m. (ACES)*

Tuesday, March 23 and 30, 4-5 p.m. (Housing)*

Thursday, March 25 and April 1, 8-9 p.m.

Wednesday, March 31 and April 7, 4-5 p.m. (Gies)*

Tuesday, April 6 and 13, 5-6 p.m. (LAS)*

Thursday, April 8 and 15, 3-4 p.m.(AHS)*

Wednesday, April 14 and 21, 8-9 p.m.

Thursday, April 22 and 29, 5-6 p.m. (DGS)*

Wednesday, April 28 and May 5, 4-5 p.m.

***These workshops are hosted by the college/department noted, but all are welcome!**



Student Affairs

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Counseling Center

counselingcenter.illinois.edu

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