Lagniappe



10.22.25

Wednesdays

Wave of Support Coping Skills Workshop

12:00pm -1:00pm in RMH 202

Join us for a 50-minute interactive opportunity for folks looking to gain self-awareness, reduce stress, and engage in good mental wellness habits. Participants will learn about the Wave of Support program as well as topics like emotional regulation, mindfulness, and more.

wave of support

Please contact Kristen Jones (kjones41@tulane.edu) or Hailey Mathieu (hmathieu@tulane.edu) at least two weeks in advance of the event if you have accessibility needs and need a disability-related accommodation to participate.