



## MACP *Tea & Talk* with Peers 2025

Month	Topic	Date	Zoom Sign Up (Click to Sign Up)
April	<b>Managing Multiple Roles</b>	<b>Thursday April 24</b> 1:00 PM (EST) 10:00 AM (PST)	<a href="https://yorkvilleu-tfs.zoom.us/j/20k7Bm1QPKrvtZRj-XymA">https://yorkvilleu-tfs.zoom.us/j/20k7Bm1QPKrvtZRj-XymA</a>
May	<b>Reframing Failure and Setbacks: Practicing Self-Compassion as a Counselling Student</b>	<b>Thursday May 29</b> 1:00 PM (EST) 10:00 AM (PST)	<a href="https://yorkvilleu-tfs.zoom.us/j/NatyqVYR7mkCFFYivPxPQ">https://yorkvilleu-tfs.zoom.us/j/NatyqVYR7mkCFFYivPxPQ</a>
June	<b>Normalizing Imposter Syndrome</b>	<b>Thursday June 26</b> 1:00 PM (EST) 10:00 AM (PST)	<a href="https://yorkvilleu-tfs.zoom.us/j/OoVUKU6dR-G5rdHEQYkVUA">https://yorkvilleu-tfs.zoom.us/j/OoVUKU6dR-G5rdHEQYkVUA</a>
July	<b>Neurodiversity as a Counselling Student</b>	<b>Thursday July 31</b> 1:00 PM (EST) 10:00 AM (PST)	<a href="https://yorkvilleu-tfs.zoom.us/j/kmBJLo8ETwuXKThlmXjqHw">https://yorkvilleu-tfs.zoom.us/j/kmBJLo8ETwuXKThlmXjqHw</a>
August	<b>Staying Motivated</b>	<b>Thursday August 28</b> 1:00 PM (EST) 10:00 AM (PST)	<a href="https://yorkvilleu-tfs.zoom.us/j/seuKktAsTOu4DnPP6oH_cg">https://yorkvilleu-tfs.zoom.us/j/seuKktAsTOu4DnPP6oH_cg</a>
September	<b>How We Take Care Of Ourselves</b>	<b>Thursday September 25</b> 1:00 PM (EST) 10:00 AM (PST)	<a href="https://yorkvilleu-tfs.zoom.us/j/ZTYdlwkRmSswrXQdlHJcA">https://yorkvilleu-tfs.zoom.us/j/ZTYdlwkRmSswrXQdlHJcA</a>
October	<b>Navigating Stress and Preventing Burnout</b>	<b>Thursday October 30</b> 1:00 PM (EST) 10:00 AM (PST)	<a href="https://yorkvilleu-tfs.zoom.us/j/DZpCACyJSGmUFebWSCrDgw">https://yorkvilleu-tfs.zoom.us/j/DZpCACyJSGmUFebWSCrDgw</a>
November	<b>Personal Values &amp; Self Growth</b>	<b>Thursday November 27</b> 1:00 PM (EST) 10:00 AM (PST)	<a href="https://yorkvilleu-tfs.zoom.us/j/Rv_RbJXR8C618fiz0ZV_A">https://yorkvilleu-tfs.zoom.us/j/Rv_RbJXR8C618fiz0ZV_A</a>