Dear student,

**The AUA Career Center in cooperation with the Department of Regional and Economic Development and Administration, Economy & Communication Cultural & Tourism Units based in Amfissa,** provides all students with **individual Counseling and Psychological Support Sessions as well as group seminars** related to the Sensitive Self in interaction with the Social Environment.

*More specifically, the topics will be informative and experiential and will focus on:*

* **Self-Esteem Topics**
* **Inner Self**
* **Stress-Thinking-Behavior**
* **Family and Relationship Grids**
* **Professional rehabilitation**
* **Finding Work Techniques & Stress Management**
* **Relationships within the Academic Community**

**All students** of the Department of Regional & Economic Development can participate in the Individual Counseling and Psychological Support Sessions as well as in the group seminars, either in person or online.

**To register your participation** in a **Self Session or in the Group Seminars** with the Clinical Psychologist Mrs. Miliordou Athina, you can contact online at [miliordoua1@aua.gr](mailto:miliordoua1@aua.gr,αναγράφοντας)

«Στο πλαίσιο της υλοποίησης της Πράξης «Υποστήριξη Παρεμβάσεων Κοινωνικής Μέριμνας Φοιτητών του Γεωπονικού Πανεπιστημίου Αθηνών» με Κωδικό ΟΠΣ 5045556, η οποία έχει ενταχθεί στο Επιχειρησιακό Πρόγραμμα «Ανάπτυξη Ανθρώπινου Δυναμικού, Εκπαίδευση και Δια Βίου Μάθηση» που συγχρηματοδοτείται από το Ευρωπαϊκό Κοινωνικό Ταμείο (ΕΚΤ)»

