

STUDENT HEALTH SERVICES

SELF-HELP SERIES KICK-OFF WEEK

**SEPT
25**

MEDITATION
MONDAYS

**SEPT
26**

UNDERSTANDING & COPING
WITH ANXIETY AND
DEPRESSION

**SEPT
27**

SELF-CARE 3.0

**SEPT
28**

ANGER MANAGMENT
WORKSHOP SERIES

SCAN QR CODE TO REGISTER!

