

# Tools for Anxiety

Anxious about tests, grades, responsibilities, career?

Anxious about friendships, relationships, socializing?

Anxious but don't even know why?

Come to one of our 3-session workshop and learn facts & strategies to better cope with anxiety in both body & mind!

## Monday Workshops:

Weeks 4, 5, and 6 (1/27, 2/3, 2/10)

4:00 - 5:00pm

## Tuesday Workshops :

Weeks 6, 7, and 8 (2/11, 2/18, 2/25)

4:00 - 5:00pm

Drop in Group at Counseling and  
Psychological Services (CAPS)

No sign up needed