#SkillstoChill

Workshops on Stress and Anxiety Management
*Learn coping skills *New material each week
*Connect with Peers *Safe Space open to all

Starts February 12

MONDAYS 12:00-1:00 or 1:00-2:00
SUB 209

Come for one or two or come for them all!😊 No need to sign up
*Mindfulness *Art Therapy *Sleep Hygiene *Music that soothes
*Nutrition *Relaxation Techniques *Time Management *Balanced Lifestyle *Play

Psychological Counseling Center
A Division of Student Affairs