This 6-week educational series teaches practical skills for effective management of anxious and depressed moods. You do not have to pre-register and can attend as many seminars as you would like.

3 - 4:15PM | WEDNESDAYS | ROOM 250, SHC

JUNE 13  Active Coping: Breathe Your Way to Calm
JUNE 20  Cognitive Toolkit for Reducing Negative Moods
JUNE 27  Mindfulness in Practice
JULY 11   When Panic Attacks
JULY 18   Mastering Social Anxiety
JULY 25   Cultivating Self-Care: The Power of Social Connection