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 12**  Active Coping: Breathe Your Way to Calm  
**JUNE 19**  Cognitive Toolkit for Reducing Negative Moods  
**JUNE 26**  Mindfulness in Practice  
**JULY 10**  Mastering Social Anxiety  
**JULY 17**  Cultivating Self-Care: The Power of Social Connection  
**JULY 24**  Resiliency Skills: Discovering Compassion