

Struggling to manage your anxiety?

In this three-part series, gain a better understanding of your anxiety and develop tools to manage and reduce it effectively.

Anxiety Toolbox Workshop

*November 3, 10, and 17
2:30 - 3:30 p.m.
The Commons, 318*



**Scan here
to learn more!**

*If you need accommodations for a disability,
please contact swill1@umbc.edu
at least one week prior to the start of the workshop.*

This event is open for full participation by all individuals regardless of race, color, religion, sex, national origin, or any other protected category under applicable federal law, state law, and the University's nondiscrimination policy.



RETRIEVER INTEGRATED HEALTH



Session 1:

Understanding Anxiety



Session 2:

Managing anxious thoughts



Session 3:

Developing alternative responses to anxiety

