ANXIETY HOUR

Stress and anxiety can impact us all and sometimes we just need a release. Use anxiety hour to share your worries and encourage your peers throughout the semester. Join using Google Meet. Link will be sent prior to the events.

OCTOBER 14TH 1-2:00PM
NOVEMBER 3RD 2-3:00PM
DECEMBER 3RD 11AM-12:00PM

*Activities and conversations in this session should not be taken as medical advice*

RSVP Today!
bit.ly/anxietyhour