CBT Group
(Cognitive Behavioral Therapy)

For students who want to:
• learn how unhelpful thoughts can negatively impact emotions and behaviors
• identify triggers for distress
• evaluate their thinking in more helpful and adaptive ways
• better cope with anxiety and/or stress, problem solve and initiate behavioral changes

Tuesday
10:30am – noon
2/12 – 3/26 and 4/2 – 5/7

Facilitated by Katherine Isaza, Psy.D.