

Mastering Anxiety WORKSHOP

*Do you find it difficult to make friends,
focus on academics or feel confident
in social situations?*

Join us for a workshop
to help you better understand how your
thoughts can impact your feelings and behaviors.

This workshop is for undergraduate students who wish
to develop skills to better manage anxiety and stress,
reduce rumination, social anxiety and stress
related to academic performance.

Join us on Wednesdays, March 18, April 1, 15 & 29
11:30am – 12:30pm • 1130 East Building
Call 212-772-4901 for more information

