

Feeling Anxious? Stressed out? Frazzled?



Join our:

Anxiety Management Group

- Learn about anxiety
- Monitor your stress levels
- Learn coping skills that you can apply right now!

Sessions and materials are free for UCSD students

Friday Oct 30th 1:00pm – 2:30pm

Friday Nov 6th 1:00pm – 2:30pm

Friday Nov 13th 1:00pm – 2:30pm

Friday Nov 20th 1:00pm – 2:30pm

Half Dome Lounge, Muir College

Please call Jana Horowitz, Psy.D. of UCSD's Counseling and Psychological Services at 858 534 3585 to reserve your space. Space is limited to 10 students.

Sponsored by UCSD's Counseling & Psychological Services (CAPS)