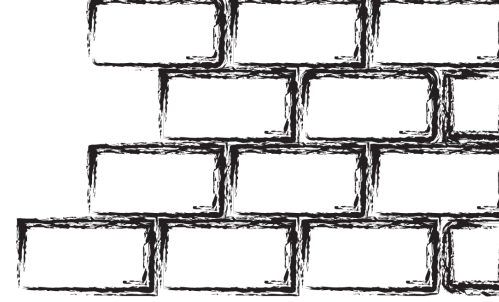


# RESILIENCY-BUILDING TOOLKIT



Weeks 2-10, Tuesdays 3–4 PM (Except April 13)

<https://uchealth.zoom.us/j/89099169654>



Michael McGlenn, Psy.D.

Join us for a virtual workshop designed to help students develop new skills and build on existing strengths to navigate life's obstacles and stresses. You'll learn strategies to improve mindset and mood, increase mental sharpness, handle difficult emotions and relationships, and create a more positive relationship with yourself.

*These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS central office at 858-534-3755 to arrange an appointment.*

UC San Diego

STUDENT HEALTH AND WELL-BEING  
Counseling and Psychological Services



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