RESILIENCY-BUILDING TOOLKIT

Weeks 2-10, Tuesdays 3–4 PM (Except April 13)
https://uchealth.zoom.us/j/89099169654

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

TRITONS FLOURISH
CAPS.UCSD.EDU
@ucsdtritonsflourish