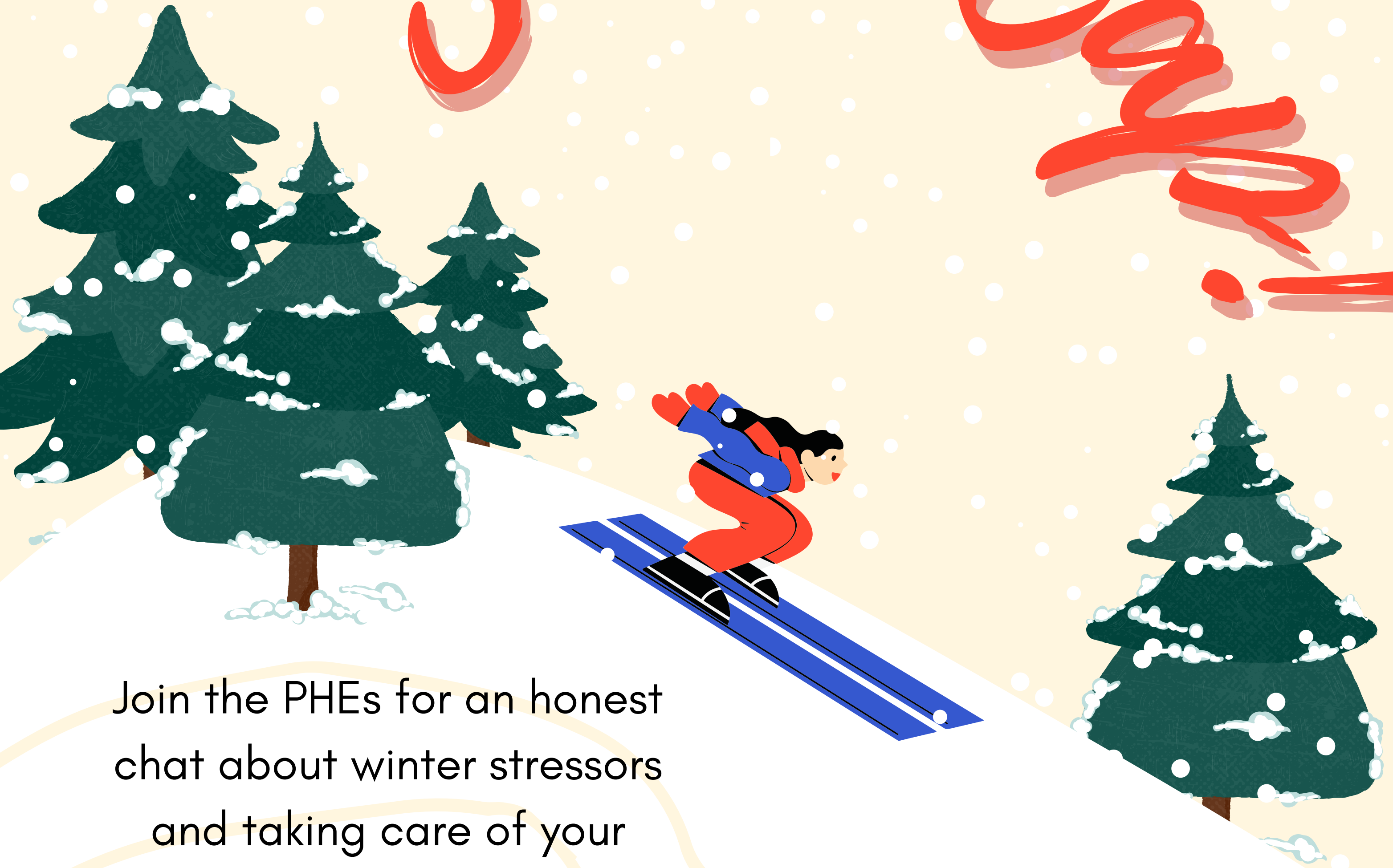


# Snow Care



Join the PHEs for an honest chat about winter stressors and taking care of your mental health this season!

Topics may include:

Family conflict

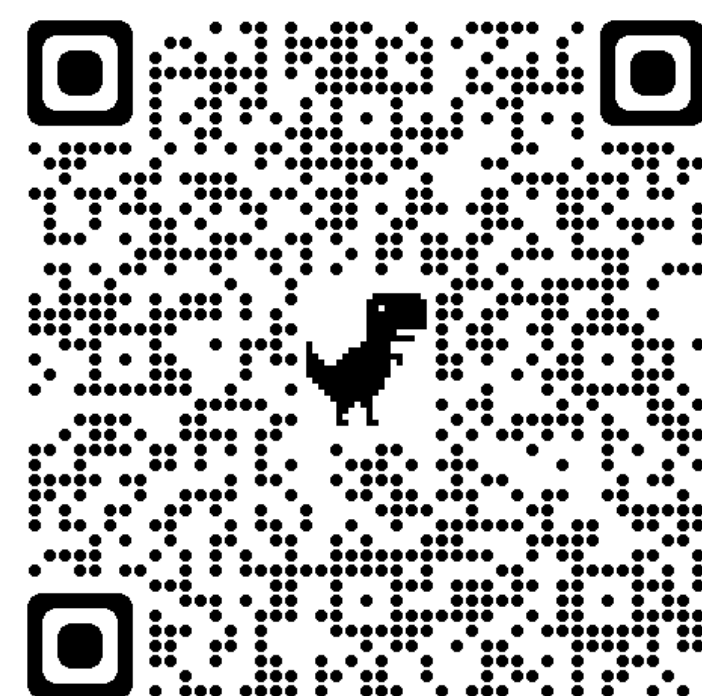
Financial stresses

Finals anxieties

Seasonal Affective Disorder

**You can also anonymously submit your own questions!**

Just scan the QR code below:



**Where: Instagram Live  
(@umbcrih)**

**When: 12/8/21, 11AM-12PM**