

Anxiety Toolbox Workshops

Tuesdays October

10, 17, and 24

10:30 - 11:30 a.m.

Fridays November

3, 10, and 17

1 - 2 p.m.

No pre-
registration
or intake
required!



- Session 1- Understanding anxiety
- Session 2- Managing anxious thoughts
- Session 3- Developing alternative responses to anxiety



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For more information and links to
join, visit our myUMBC events page!

