

# Anxiety Toolbox Workshops

Virtual Workshop Series

Fridays August 9, 16, and 23

1:30 - 2:30 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!

