

Starting Your Semester Right: How Retriever Integrated Health Supports Student Mental Health

Starting a new semester can be overwhelming, but RIH has a variety of ways to help manage your stress! Come learn all about resources that works best for you!



Join us virtually on
Thursday, September 5 from
2:30 - 3:15 p.m.



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



RETRIEVER
INTEGRATED
HEALTH

If you need accommodations for a disability, please contact swill1@umbc.edu at least one week prior to the start of the workshop. All RIH services are LGBTQIA2S+ friendly and are welcoming to all diverse populations.

