

Anxiety Toolbox Workshops

Join us in-person in **CWB 118**

Mondays October 28, November 4 and 11

2:30 - 3:30 p.m.

No pre-
registration
or intake
required!



For more information
visit our myUMBC
events page!



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



UMBC

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HEALTH

All RIH services are LGBTQIA2S+ friendly and are welcoming to all diverse populations.

If you need accommodations for a disability, please contact swill1@umbc.edu at least one week prior to the start of the workshop.