

Anxiety Toolbox Workshops

Join us virtually

Thursdays, July 10, 17, and 24

2:30 - 3:30 p.m.

No pre-
registration
or intake
required!



Use the QR code to be
directly connected to the
Webex Meeting



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



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HEALTH

This event is open for full participation by all individuals regardless of race, color, religion, sex, national origin, or any other protected category under applicable federal law, state law, and the University's nondiscrimination policy.

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