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.

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

No pre-registration or intake required!

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