



ANXIETY TOOLBOX

Anxiety Toolbox is a fast-paced, 3-session seminar intended to help increase understanding and knowledge about anxiety. The goal is to provide students with some skills to recognize symptoms they may be experiencing.

Fall 2021 Sessions

September 7, 14 & 21 2:00- 3:00pm

October 5, 12 & 19 2:00- 3:00pm

Must attend all 3 sessions

FOR MORE INFORMATION AND
TO REGISTER:

[HTTPS://BIT.LY/ANXIETYTOOLBOXCWRUCWRU](https://bit.ly/anxietytoolboxcwrucwru)

Open to all CWRU, CIA, CIM and KSU Podiatry undergraduate, graduate and professional students in regardless of where you are currently residing.



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STUDENT AFFAIRS

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and Counseling Services