

# BUILDING HOPE & RESILIENCY

Fall 2021 Dates:

Friday's September 10, 17 & 24  
1:00- 2:30PM

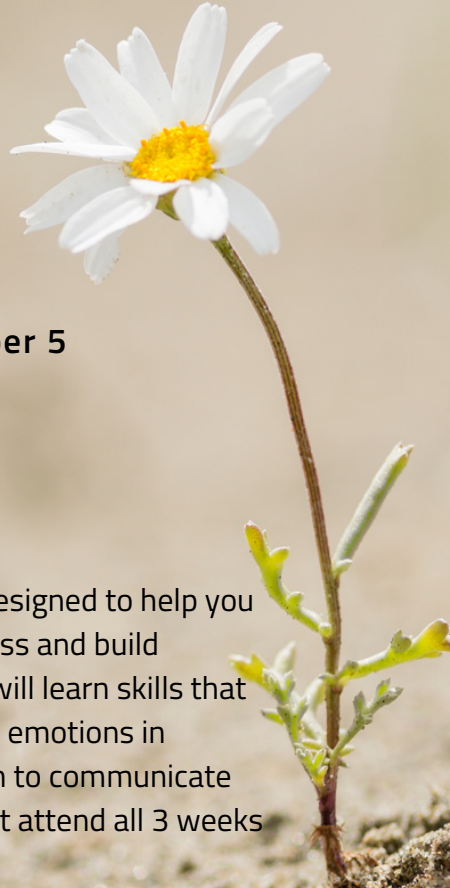
Friday's October 1, 8 & 15  
1:00- 2:30pm

Friday's October 22, 29 & November 5  
1:00- 2:30pm

To Register:

<https://bit.ly/hopeandresiliency>

This workshop is a skills based workshop designed to help you learn new coping strategies to manage stress and build resiliency during stressful times. Students will learn skills that will help combat anxious thoughts, manage emotions in healthier ways, improve self-care, and learn to communicate more effectively with others. Students must attend all 3 weeks



Open to all CWRU, CIA, CIM  
and KSU Podiatry  
undergraduate, graduate and  
professional students.



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