



Balancing Anxiety, College, and the Pandemic

CAPS VIRTUAL WORKSHOP

This workshop aims to provide students with tips, resources, and coping strategies to help manage anxiety and angst due to the national emergency of the coronavirus pandemic.

Workshop Times:

Every Tuesday 11am, 1pm, 3pm
Every Wednesday 10am, 12pm, 4pm.

Email co-facilitators Brooke (gf8207@wayne.edu) and/or Carmen (al3883@wayne.edu) for a link to the workshop.

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