

Are you having difficulty dealing with the pandemic?

Campus Mental Health Services invites you to:
“Coping Well in the Age of COVID”
Group Therapy

Mondays at 4:00 pm
Starting Date: 2/1/21

Google Meet joining info

<https://meet.google.com/bqb-zrnn-oqc>

Or dial: +1 571-494-8494 PIN: 754 495 408#



Join other students and learn coping strategies to deal with life stressors during these challenging times