MANAGING STRESS, ANXIETY & DEPRESSION WORKSHOPS

This 4-week workshop series is for students with stress, anxiety or depression. Each week the 75-minute session will include practicing a relaxation exercise and learning a cognitive & behavioral coping strategy. Participants will also have an opportunity to discuss current concerns and exchange support.

Come to any or all of the following group sessions:

- **Week 1 – Apr 6**: Self-Care, Identifying Thinking Traps, Time Management
- **Week 2 – Apr 13**: Self-Care, Using Thought Records, Procrastination Prevention
- **Week 3 – Apr 20**: Self-Care, Cognitive Restructuring, Test Anxiety Management
- **Week 4 – Apr 27**: Worry Management, Thought Interruption, Affirmations

**WEDNESDAYS**
11:15 AM – 12:30 PM

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MINDFULNESS WORKSHOPS FOR STRESS MANAGEMENT

Take a break! Breathe! Be in the moment! In these 60-minute workshops, learn & practice some mindfulness exercises to help you be more calm, centered & present.

- **May 2 - Monday, 3:15 – 4:15 pm**
- **May 5 - Thursday, 4:15 – 5:15 pm**

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For these workshops, **no registration is needed**. Come to as many sessions as you like.