

GROUPS AND WORKSHOPS TAKING PLACE NOW.

**Stress & Anxiety Management Skills Training Workshop** *This educational and experiential skills training will help you:*

1. To establish supportive connections that can assist in reducing harmful effects of stress and anxiety
2. To identify one's own common reactions to stress (thoughts, emotions, and behaviors)
3. To learn the physiological process underlying stress and anxiety
4. To explore the relationship between thoughts and anxiety
5. To learn skills helpful in managing difficult emotions
6. To identify effective time management practices
7. To learn and engage in experiential practice of various stress management skills

Group Facilitator: Lori Miltenberger, M.A

Date: Wednesday's beginning November 4, 2009

Time: 3:00 – 4:00

Place: Counseling Services, Group Room

**TRANSITIONS GROUP**

Feeling overwhelmed with changes and thinking college is too hard?

Are you having trouble meeting new people and feeling like you don't fit in?

Counting the days until your next visit home?

Transitioning to college can be a stressful experience.

We can help you cope with this.

Group Facilitator: Lori G. Miltenberger, M.A.

When: Fridays 1:30 – 2:30 beginning September 25, 2009

Where: Counseling Services

How: Call X5002 to register

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