These are unprecedented times and you may be feeling overwhelmed, stressed, isolated, depressed, and/or anxious at times. This workshop aims to help students manage those difficulties and develop coping skills to increase resilience and well-being during this pandemic.

Zoom: https://uchealth.zoom.us/j/97285776476

This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS central office at (858) 534-3755 to make an appointment.