Overwhelmed?

Join us for STRESS BUSTERS !!

Needing some additional support during the end of the semester? Join us for a chance to talk about current stressors, and to hear from others. Learn some easy techniques for managing your stress instead of letting it manage you! Drop-in (no registration needed) to Schulz 1121 (bottom floor of the library) on Monday 4/29 and/or Tuesday 4/30 from 12noon-1pm.

Provided by Counseling and Psychological Services (CAPS) 707-664-2153.

Note: This Workshop is for Students Only