

Managing Stress & Anxiety

Two 2-day Sessions

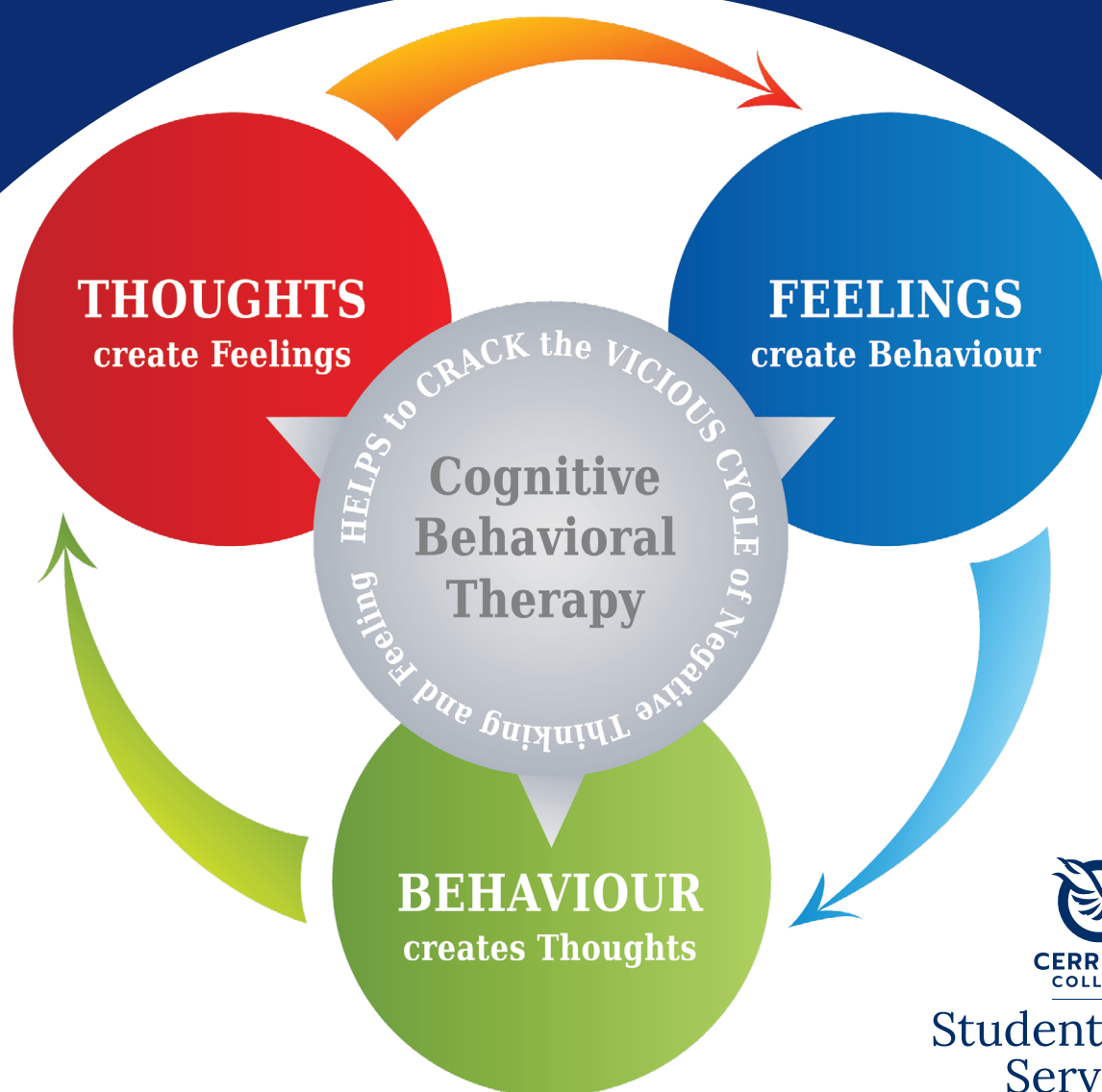
February 13th & 27th or April 9th & 23rd
3 - 4 p.m.

Success Center in LC 137

Join in this two-part workshop series for helping you better navigate symptoms of stress and anxiety.

You will learn tools for gently challenging and shifting anxious thoughts and bio-hacks for reducing stress and anxiety symptoms.

Participation is strongly encouraged but personal disclosure is not required. For questions, contact Student Health Services at 562-860-2451, ext. 2321



Student Health
Services

If disability accommodations (e.g., communications access, alternate formats) are needed to participate fully in these events, please contact accommodationsrequest@cerritos.edu within seven school days in advance.