

JOHNS HOPKINS UNIVERSITY COUNSELING CENTER

# Anxiety Management Skills Workshop

EVERY THURSDAY FROM 10AM-11AM  
FEBRUARY 9TH TO MARCH 2ND  
VIRTUAL THROUGH ZOOM

SCAN THE QR CODE TO REGISTER



FOR MORE INFORMATION:  
[HTTPS://STUDENTAFFAIRS.JHU.EDU/COUNSELINGCENTER/OUR-SERVICES/OUTREACH-WORKSHOPS-PROGRAMS/](https://studentaffairs.jhu.edu/counselingcenter/our-services/outreach-workshops-programs/)