



JOHNS HOPKINS
UNIVERSITY

Student Health & Well-Being
Mental Health Services

Anxiety Management Skills Workshop

MONDAYS FROM 3PM-4PM ON ZOOM

First round:

2/12, 2/19, 2/26, 3/4

Second round:

3/11, 3/25, 4/1, 4/8

Register here:



For more Information:

Contact: mhenry37@jhu.edu or aherna79@jhu.edu