

CRITICAL COPING

- TOOLS FOR THE TIMES

A drop in skills group to help manage distress related to trauma & anxiety, improve mood & sleep, and to enhance general wellbeing.

Open to all JHU Students.

This week:

GROUNDING

Learn how to return focus to the present moment and reorient yourself when overwhelmed.

Monday, Sept. 14
5:30 - 5:55 pm EST

