

JHU COUNSELING CENTER PRESENTS

CRITICAL COPING

TOOLS FOR THE TIMES

A drop in skills group to help manage distress related to trauma & anxiety, to improve mood & sleep, and to enhance general well-being. Each week will focus on a different practice.

Open to all JHU Students

Mondays

5:30 - 5:55 pm EST

Register at <https://tinyurl.com/y3gx24no>

