

JHU COUNSELING CENTER PRESENTS

CRITICAL COPING

TOOLS FOR THE TIMES

CALENDAR

Nov. 16: Grounding

Nov. 23: Window of Tolerance & Dialing Down

Nov. 30: R.A.I.N. (mindfulness skill)

Dec. 7: Containment

Dec. 14: Creating space for emotions

Dec. 21: Calm place imagery

5:30-5:55 PM

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

