Effective Strategies for Managing Distress

Are you feeling overwhelmed or stuck?
Do you feel out of control or impulsive when faced with distressing events or situations?

The Cook Counseling Center invites you to a workshop that will teach you effective coping skills you can use to manage distress and feel more balanced.

Who: Any current VT student
When: Friday, May 1 (1-2 pm)
Where: A Zoom link will be sent to all registered students

Scan the QR Code to register

or go to: https://virginiatech.qualtrics.com/jfe/form/SV_9MpPlMz4m86FPiB