

Are you feeling
overwhelmed or stuck?

Would you benefit from
resources that help
manage these complex
emotions?

Do you feel out of
control or impulsive
when faced with with
distressing events or
situations?

Effective Strategies for Managing Distress

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
students

When: Wednesday,
March 17 (3-4:30 pm)

Where: Via Zoom- a link
will be sent out to all
registered students

Please register by
scanning the QR Code or
following this link:
https://viriniatech.qualtrics.com/jfe/form/SV_dg0mbZkp0OBW3dk

