



STUDENT AFFAIRS
COOK COUNSELING CENTER
VIRGINIA TECH.

OPEN TO ALL VT STUDENTS

Three-Session Workshop

**GETTING UNSTUCK:
DEPRESSION WORKSHOP**

February 4th, 11th & 18th
3:30-4:30PM

Learn about the symptoms of depression & how to influence thoughts & behaviors to manage symptoms of depression.

Register Here

Registration link:
tinyurl.com/gmaj42up



Scan to sign up