Anxiety and Stress Support Group

Fall Semester: Begins September 15

- Meet with fellow students who have similar challenges
- Learn to recognize your Anxiety symptoms
- Begin your healthy journey to Manage Anxiety
  - Discuss and practice strategies and techniques
- Practice Relaxation Techniques
- Receive Validation on your journey and your successes

Scan to signup and reserve your space
Or visit: https://ysu.edu/student-counseling-services