

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>



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