STRESS & ANXIETY TOOLKIT

Wednesdays 4:00 - 4:50 PM
DUC 245
Begins September 4

Got stress and/or anxiety? There's a group for that!

Drop-in to talk about it, gain some skills, and get some support! This group teaches skills in mindfulness, relaxation techniques, Acceptance and Commitment Therapy (ACT), and other strategies to better manage stress, anxiety, and depression. All humans are welcome - no diagnosis required!

For questions, please contact Susan Rosse Psy.D. at susan.rosse@wustl.edu