

Counseling and Psychological Services

Anxiety Toolbox

Virtual Spring 2021



Anxiety Toolbox is a three-session workshop designed to help students increase their understanding of anxiety and provide them with the skills to recognize and manage their anxiety symptoms. Each workshop is 1-hour and the information builds on material from previous sections. Anxiety Toolbox is not a substitute for formal counseling and does not constitute mental health treatment.

You are welcome to join this free workshop series following a consultation with a counselor - registration is required. Anxiety Toolbox is available to all registered GW students, no matter their location. Contact CAPS at 202-994-5300 for a consultation.

Should you have any questions or need accommodations, please contact counsel@gwu.edu

Tuesdays & Fridays | 1:00 PM | Via Zoom
Link will be provided by workshop facilitators

Tuesdays

SECTION A

- January 26
- February 2
- February 9

SECTION B

- February 23
- March 2
- March 9

SECTION C

- March 23
- March 30
- April 6

SECTION D

- April 13
- April 20
- April 27

Fridays

SECTION A

- January 29
- February 5
- February 12

SECTION B

- February 26
- March 5
- March 12

SECTION C

- March 26
- April 2
- April 9

SECTION D

- April 16
- April 23
- April 30

COUNSELING AND PSYCHOLOGICAL SERVICES

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