

Counseling and Psychological Services

Anxiety Toolbox

Virtual Summer 2021



"Anxiety Toolbox" is a three-session workshop for the many students who are interested in gaining readily accessible skills for managing anxiety. Through the workshop, students gain understanding about anxiety and learn skills to recognize and better address symptoms.

Each workshop is 45 minutes to one hour. Attendance is expected at each of the three workshop sessions, as the information builds on material from previous sessions. "Anxiety Toolbox" is not a substitute for formal counseling and does not constitute mental health treatment.

To find out about registration, please consult with a CAPS clinician regarding referral. Once registered, you are welcome to join this free workshop series using the link that will be provided to you.

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

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

Summer Session 1

June 15

June 22

June 29

Summer Session 2


July 6

July 13

July 20

COUNSELING AND PSYCHOLOGICAL SERVICES

Colonial Health Center
Marvin Center, Ground Floor
800 21st Street, NW | Washington, DC 20052

 202 - 994 - 5300

 counsel@gwu.edu

 healthcenter.gwu.edu



Colonial
Health Center

**THE GEORGE
WASHINGTON
UNIVERSITY**
WASHINGTON, DC