Counseling and Psychological Services
Anxiety Toolbox 🧳
Spring 2020

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.

For further information or questions, please contact us at counsel@gwu.edu.

Three - Session Workshop | Colonial Health Center, Room G27

SECTION A
Tuesdays 1:00 – 2:00pm
February 4th
February 11th
February 18th

SECTION B
Thursdays 12:00 – 1:00pm
February 6th
February 13th
February 20th

SECTION C
Thursdays 4:00 – 5:00pm
February 6th
February 13th
February 20th

SECTION D
Fridays 12:00 – 1:00pm
February 14th
February 21st
February 28th

SECTION E
Tuesdays 1:00 – 2:00pm
February 25th
March 3rd
March 10th

SECTION F
Tuesdays 4:00 – 5:00pm
March 31st
April 7th
April 14th

SECTION G
Thursdays 12:00 – 1:00pm
April 2nd
April 9th
April 16th

SECTION H
Thursdays 4:00 – 5:00pm
April 2nd
April 9th
April 16th

SECTION I Fridays 12:00 – 1:00pm
April 3rd, April 10th, April 17th