

Counseling and Psychological Services

Anxiety Toolbox

Fall 2021 | Tuesdays and Fridays, 1:00 PM

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.

Zoom link will be provided by the facilitator.

Tuesdays

Section 1

September 14, 1pm

September 21, 1pm

September 28, 1pm

Section 2

October 12, 1pm

October 19, 1pm

October 26, 1pm

Section 3

November 2, 1pm

November 9, 1pm

November 16, 1pm

Fridays

Section 1

September 17, 1pm

September 24, 1pm

October 1, 1pm

Section 2

October 15, 1pm

October 22, 1pm

October 29, 1pm

Section 3

November 5, 1pm

November 12, 1pm


November 19, 1pm

COUNSELING AND PSYCHOLOGICAL SERVICES

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