Anxiety Toolbox is a three-session virtual workshop for graduate students who are interested in gaining readily accessible skills to manage anxiety. **Each workshop is an hour long and meets via Zoom.** The information builds on material from previous sections. Anxiety Toolbox is not a substitute for formal counseling and does not constitute mental health treatment.

If interested in joining this workshop, you may fill out the interest form using the QR Code above. Students must be logged in with their @gwu.edu email to access the form or call CAPS for consultation between 12pm-4 PM at 202-994-5300. **Pre-registration is required and students MUST commit to attending all three consecutive sessions to register.**