



Join the therapists at the GMU Center for Psychological Services for a free, on-line workshop series.

MENTAL HEALTH AND WELLNESS DURING COVID-19

**LEARN TIPS, TRICKS, AND PARTICIPATE IN
A LIVE Q+A ON ANY OF THESE DATES:**

Monday, April 13th, 6pm: Managing Anxiety During Quarantine

Monday, April 20th, 6pm: Resilience + Maintaining a Positive Mood

Monday, April 27th, 6pm: Mindfulness

Join us by following: bit.ly/3aJabSL | Password: CPSworkshop