Tame the Anxiety Beast

Anxiety Workshop

Tuesdays 3:00-4:30pm
@ Counseling Services

Learn more about anxiety, explore how it shows up for you, and gain the skills to manage the beast. This 6-session workshop is free and runs throughout the semester from Feb. 4th - Apr. 28th. Join anytime!

Call (928) 523-2261 to schedule a pre-workshop screening or ask your counselor for more information.