



WEEKLY STRESS MANAGEMENT WORKSHOP

If you are feeling challenged by current stressors and are looking for a space dedicated to self-care and support, this weekly workshop will provide a variety of stress management skills to help you find balance during difficult times

**Hosted by the Student, Health, Wellness, and Counseling Center
Wednesdays 4:00-4:50pm via Zoom**

Zoom ID: 970 7727 7761 Passcode: SHWCC103

**Please email the Student, Health, Wellness, and Counseling Center with any questions
shlt@linfield.edu**

All Students are Welcome!