

Support Now:

Tools For Stress and Overwhelm

This supportive, one-hour workshop offers practical coping strategies and encouragement to help you through the semester. You'll learn simple skills to manage anxiety, overwhelm, and burnout. Tues 4/28/26 and Wed 4/29/26 4-5 pm

Scan the QR code to register.



**WILLIAM & MARY
COUNSELING CENTER**

McLeod Tyler Wellness Center
2nd Floor
(757) 221-3620

