Are You Over This Semester Yet??

JOIN US IN THIS WORKSHOP TO LEARN MORE ABOUT:

- **Time Management**
- **Studying Strategies**
- **Coping Skills**
- **Mental health awareness**
- **Mindfulness**
- **Early symptoms of Anxiety**

October 29th @ 1:40PM to 3:00 PM

Hosted by:
Marisa Singer & Sara Williams (CUNY EDGE Social Work Interns)

Register via zoom:
https://jjay-cuny.zoom.us/meeting/register/tZAvc-GorzwoGtcOv7XXQW7QSMCcnomBRjTy

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