

Mental Health Awareness Week

WHEN YOUR BRAIN WON'T SHUT OFF WORKSHOP

**FREE
PIZZA!**

TUESDAY, OCT. 6



TOOLS FOR OVERTHINKING & STRESS

Join us for a practical workshop on overthinking and stress. Learn simple tools to calm a busy mind, feel more grounded, and reset.

TIME & LOCATION



Tuesday, Oct. 6
BLDG IV, Room 1119
1–1:45 PM



The Universities
AT SHADY GROVE

Center for Counseling
& Well-being

Hire 

