

GOLDEN

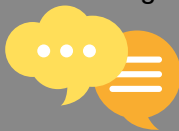
A STUDENT COUNSELING RESOURCE

PRESENTS

MANAGING YOUR STRESS



"SELF CARE FOR THE LONG HAUL"
A **free webinar** to learn how to effectively
communicate with others and cope with
stressful situations you may encounter
during these changing times.



NOVEMBER 18TH
TWO AVAILABLE SESSIONS
NOON AND 4:00PM
VIA ZOOM

[Click here to register for a session](#)