

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

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