

Counseling and Psychological Services

Anxiety Toolbox

Spring 2020



Anxiety Toolbox is a three-session workshop designed to help students increase their understanding of anxiety and provide them with the skills to recognize and manage their anxiety symptoms. Each workshop is (1) hour, and the information builds on material from previous sections. Anxiety Toolbox is not a substitute for formal counseling and does not constitute mental health treatment. You are welcome to join this [free](#) workshop series by following the link below.

For further information or questions, please contact us at counsel@gwu.edu.

Three-Session Workshop | Virtual Sessions via Webex

<https://gwu.webex.com/gwu>

Section F | Tuesdays 4:00-4:50 PM

March 31, 2020

April 7, 2020 Access code: 472 858 203

April 14, 2020 Password: XYppbZam262

Section I | Fridays 12:00-12:50 PM

April 3, 2020

April 10, 2020 Access code: 478 821 594

April 17, 2020 Password: uJkBp6EDk35

Section G | Thursdays 12:00-12:50 PM

April 2, 2020

April 9, 2020 Access code: 477 324 517

April 16, 2020 Password: mpTtU67Vnp6

Section J | Wednesdays 1:00-1:50 PM

April 22, 2020

April 29, 2020 Access code: 474 299 974

May 6, 2020 Password: PStdj6VdC45

Section H | Thursdays 4:00-4:50 PM

April 2, 2020

April 9, 2020 Access code: 470 959 389

April 16, 2020 Password: amNR3axWH94

Section K | Thursdays 12:00-12:50PM

April 23, 2020

April 30, 2020 Access code: 477 508 891

May 7, 2020 Password: QcGSgg6mj24

COUNSELING AND PSYCHOLOGICAL SERVICES

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