

# Anxiety Toolbox Workshops

Join us virtually

Fridays, April 18, 25 and May 2

2:30 - 3:30 p.m.

No pre-  
registration  
or intake  
required!



Use the QR code to be  
directly connected to the  
Webex Meeting



- Session 1- Understanding anxiety
- Session 2- Managing anxious thoughts
- Session 3- Developing alternative responses to anxiety



UMBC

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HEALTH

All RIH services are LGBTQIA2S+ friendly and are welcoming to all diverse populations.

If you need accommodations for a disability, please contact [swill1@umbc.edu](mailto:swill1@umbc.edu) at least one week prior to the start of the workshop.