CAPS VIRTUAL WORKSHOP SERIES

Zoom in Fridays at 2 pm
For Zoom Info: bit.ly/emorycaps

APRIL 10
MANAGING STRESS & ANXIETY DURING COVID-19
Feeling Stressed? Navigating life during uncertain times while trying to succeed at online learning can be hard! This workshop will help you learn new stress management tools and creatively implement your old coping strategies while physically distancing.

APRIL 17
SOCIAL DISTANCING ≠ SOCIAL ISOLATION
Want to increase your sense of connection while social distancing? Want to feel more seen and understood in your relationships? Want to better communicate with your support network? This workshop will provide specific tools focused on enhancing your social well-being while physically distant.

APRIL 24
PREPARE FOR PROCRASTINATION!
Is procrastination getting in the way of you completing your homework, studying for your upcoming finals, cleaning your room, or attending your classes on Zoom? This workshop will help you identify what perpetuates your cycle of procrastination and develop tangible skills to break the cycle.

Questions? Contact mpalan2@emory.edu or elizabeth.neri@emory.edu