

Work through your emotions with skills and strategies

Join
Counseling Services
for
Wellness
Workshops
Science Building Rm 110

weekly Topics.

Stress and Emotions
Emotional Resilience
Thoughts and Emotions

Each Wednesday in April 3rd, 10th, 17th and 24th

1:00pm-1:50pm

Education
Skills
Fun Activities
Socialization

If you need accommodations to participate in this event, please contact the Accessibility Resources Office at aro@sunybroome.edu or 607-778-5150 to discuss your needs ASAP.