



Coping with Anxiety during Covid-19

Free Online Webinar

May 14th
2pm-3pm

May 18th
10am-11am

Online through Zoom

Limited to 100 individuals

Struggling to cope with existing anxiety?
Experiencing anxiety for the first time?

Covid-19 has drastically changed all of our lives. It is natural to experience a heightened state of awareness, increase in stress, and new found fears.

Join the A-State Counseling Center in exploring anxiety and discussing effective coping skills.

For more information or to register email dharper@astate.edu