



Counseling and Psychiatric Services (CAPS)  
University Health and Wellbeing  
MICHIGAN STATE UNIVERSITY

# Combating Anxiety Workshop

**MONDAYS**

11 A.M.-12 P.M. ET

.....  
HIPAA-Compliant  
Zoom  
.....

**Three four-part workshops, starting:**

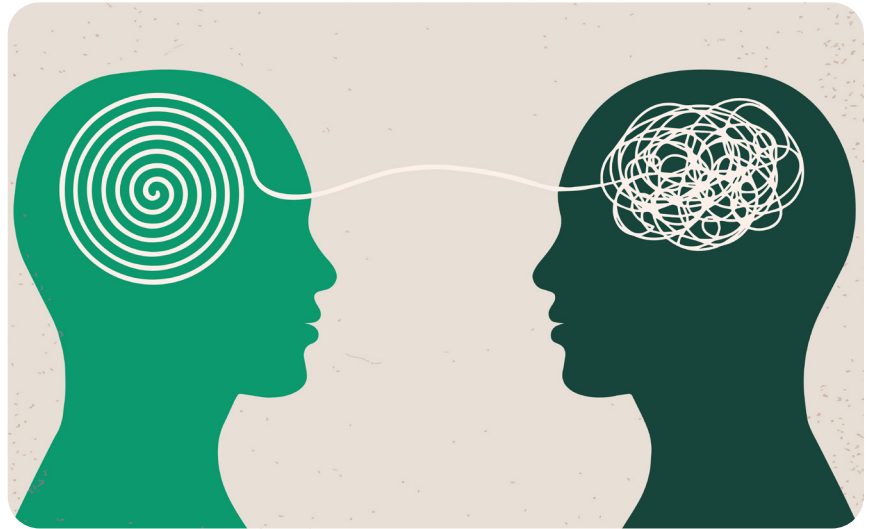
January 23

February 20

March 27

## Register:

Get started at  
**[caps.msu.edu/schedule](https://caps.msu.edu/schedule)**  
for more info,  
pre-screening and  
registration information.



This four-part workshop focuses on normalizing anxiety, learning to recognize cognitive distortions, combating cognitive distortions, and coping with anxiety. Students will leave the workshop with skills they can implement to cope with anxiety.

The four-part series is available three times this Spring, beginning January 23, February 20 and March 27. Each workshop will last four weeks, meeting every Monday at 11 a.m.

**Facilitators: Kiera Kunkle, MA  
Ciera Lewis, MA**