COPING WITH STRESS DURING COVID-19

Times like these can cause significant stress and anxiety. Come learn some tips to cope with stress during the COVID-19 pandemic.

Workshop for international students

February 10  1PM-2PM PDT

*Students must sign up by Wednesday, February 10 at 12pm in order to receive the Zoom meeting information prior to the workshop session.

*Workshop will be recorded and available for viewing for registered students unable to attend.

Link: https://tinyurl.com/CopingWithStressIWI21

CAPS
UCLA Dashew Center for International Students & Scholars