Learn to Deal with Stress and Anxiety
Fall 2019

WELLNESS GROUPS

One-time and multi-session groups for students, led by professional healthcare providers.

*Can attend any single session or for maximum benefit, attend all 6.

To register: queensu.ca/studentwellness

Thursday 1:00pm-2:30pm
JDUC room 135

- Learn proven strategies to reduce anxiety and make positive changes.
- Discover the link between thoughts and emotions and find ways to manage both.
- Learn ways to be in charge of your mind.
- Learn the mindfulness method to let worries go.