“You Mean I Gotta Be Around People?”

Managing Your Social Anxieties

A Fall 2018 Student Workshop

When & Where
Tuesday, December 4
12:30-1:30 PM
African American Student Services Lounge Area, Mesa Vista Hall 1130

Workshop Cosponsored by African American Student Services

What You’ll Learn:
- Come be with a few people to learn about anxiety
- Understanding our in-person versus our social media personas
- Learn about the Anxiety Intensive group

NO CHARGE!
For More Info, E-Mail: studentcounseling@unm.edu