

Counseling & Psychological Services

# SINGLE SERVINGS:

## Coping with COVID... and Other Stress



### **Stress Management**

Fri, Sept 25  
2:30-3pm PST



### **How to Stay Motivated**

Wed, Oct 21  
9:30-10am PST



### **Difficult But Necessary Conversations**

Fri, Nov 20  
11:30am-12pm PST

**Use your SDSUid to log-in and  
CLICK HERE TO JOIN US!**

**Zoom Meeting ID: 913 4042 2183**



[ Live Well Aztecs ]  
LEADING THE WAY TO WELL-BEING



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