

Counseling & Psychological Services  
**SINGLE SERVINGS:**

# Coping with COVID... and Other Stress



## **Stress Management**

Tuesday, February 16  
9-9:30am PT



## **We Have a Vaccine -- Now What?**

Thursday, March 11  
1-1:30pm PT



## **Difficult But Necessary Conversations**

Friday, April 23  
11:30am-12pm PT

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

**Zoom Meeting ID: 837 5973 6713**



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