

Managing Stress and Anxiety Workshops

Stress & anxiety management workshops, led by Dr. Angela M. Campbell, HACC Wellness Counselor, are much more than tips and techniques for relieving stress. We provide necessary skills for identifying and managing the sources of stress, rather than simply treating the symptoms. The foundations for this stress management framework are in learning to take ownership for proactively managing every difficult situation you encounter at school and in your personal life. The free workshops are offered every **Monday, February 4 through Monday, April 15** (with the exception of Spring Break: March 4) from 1-2pm on the HACC Harrisburg Campus, Rose Lehrman Arts Building, room 203 or online via Zoom at <https://hacc.zoom.us/j/6760889259>.

