



FORDHAM COUNSELING & PSYCHOLOGICAL SERVICES

5-WEEK WORKSHOP ON ZOOM

# Coping Skills for Life

**Mondays @ 3pm**  
**February 5 - March 11**

This structured workshop will focus on psychoeducation and helping students develop and practice coping strategies to more effectively manage distress and overwhelming emotions that emerge in life, within relationships, and within themselves.

**Open to all students from  
Lincoln Center, Rose Hill, &  
Westchester.**

For more information and  
Zoom link, please contact  
**John Abbamonte** at  
[abbamonte@fordham.edu](mailto:abbamonte@fordham.edu).

