5-WEEK WORKSHOP ON ZOOM

Coping Skills for Life

Wednesdays @ 5pm
Oct. 4 - Nov. 1

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 students from Lincoln Center & Rose Hill.

For more information and Zoom link, please contact John Abbamonte at abbamonte@fordham.edu.