



Let's Talk About Test Stress

Take care of your mental health just like you take care of your physical health. Your mind matters.

Feeling stressed about upcoming finals? Join us for tips on making it through this finals season successfully. We'll discuss coping strategies to help with stress and overall well-being!

Facilitated by:
Whitney Donahue, MSW, ASW
Mental Health Counseling

Monday, May 15, 2023

12:30-1:30 PM

Register on Zoom: tinyurl.com/ManagingTestStress

SAN DIEGO MIRAMAR COLLEGE

MENTAL HEALTH COUNSELING