



BEMIDJI
STATE UNIVERSITY



ANXIETY TOOLKIT

WEDNESDAYS ■ AUG. 25 - DEC. 15

STUDENT CENTER FOR HEALTH AND COUNSELING- CEDAR

The same session is offered at two different times:

Wednesday 9 a.m., or 3 p.m. Each skill session will repeat every three weeks.

These sessions are offered in a series; there are 3 sessions in the series. You can come to all or just one; you can come to the same session multiple times. (These are open skill groups.)

Description: This is a 3-session anxiety skills group to help you tolerate emotional distress and put together a toolbox of strategies to better manage distress in the moment.

For more information please contact Sam Clausen: Samantha.clausen@bemidjistate.edu



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