

ARE YOU A MILITARY-CONNECTED STUDENT?

RESILIENCY-BUILDING TOOLKIT

Join us for a virtual workshop designed to help military-connected students develop new skills to navigate life's obstacles and stresses. You'll learn strategies to improve your mindset and mood, increase mental sharpness, handle difficult emotions and relationships, and create a more positive relationship with yourself.

MONDAYS

Week 2-10 | 2:30-3:30PM

<https://uchealth.zoom.us/j/89099169654>

This workshop is not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS central office at 858-534-3755 to make an appointment.



Michael McGlenn, Psy.D.

UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



T R I T O N S
F L O U R I S H