

# Stress Survival Workshops

CAPS is offering drop-in virtual workshops open to all Purdue students. In this space you'll learn strategies to manage stress and end the semester strong.

Tuesdays @ 9 AM 11/29, 12/6, 12/13

Wednesdays @ 9 AM 11/30, 12/7, 12/14

Thursdays @ 3pm & 4pm 12/1, 12/8

Register Here:

